EPSON

GPS Sports Monitor

RUNSENSE

SF-810

User Manual

Introduction

To use the product correctly, make sure you read this *User Manual* along with the supplied *Quick Start Guide*.

Keep the *Quick Start Guide* handy to help you resolve any problems.

Descriptions in the *User Manual*

Important:	Indicates things you must or must not do. Ignoring these instructions or mishandling this product could cause malfunction or operational problems to the product.
Note:	Indicates additional explanations and related information.
Menu Name	Indicates menu items displayed on the screen of the product.
A/B/C or D	Indicates the product buttons.
See "Descriptions in the User Manual" on page 1.	Indicates related pages. Click the link in blue text to display the related page.

Trademarks
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Caution:

- ❏ Unapproved copying of part or all of this guide is strictly forbidden.
- ❏ The content of this guide is subject to change without prior notice.
- ❏ We cannot accept any responsibility for mishandling due to errors in this guide.
- ❏ We cannot accept any responsibility for malfunctions and so on that occur due to ignoring the content of this guide, the product being handled inappropriately, repairs or modifications performed by a third party that is not our company or appointed by our company.

Features

The SF-810 has a built-in heart rate sensor which will help you during workouts and make heart rate zone training easy.

Chronograph function

Allows you to measure workout data such as distance and time.

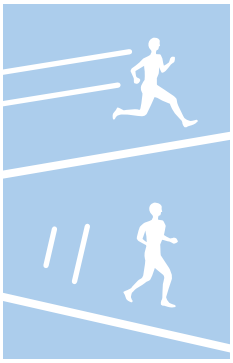
You can measure split and lap times, as well as use the GPS signal to measure distance and pace.

See “Measuring time, distance, and speed” on page 31.

You can use the recall screen to check your workout history.

See “Viewing past workouts” on page 49.

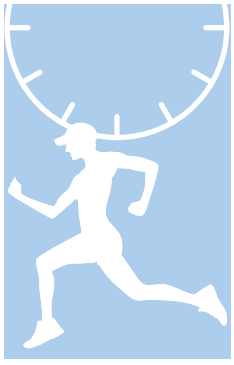
Interval function



Allows you to perform interval training.

See “Using the interval function” on page 34.

Goal function (timed race)



Allows you to set a time as your goal and measure the time remaining until that goal is reached.

See “Using the goal function” on page 40.

You can use the recall screen to check your workout history.

See “Viewing past workouts” on page 49.

Goal function (distance race)

Allows you to set a distance as your goal and measure the distance taken until that goal is reached.

You can exercise while checking the distance. You can also calculate the estimated total time to complete the set distance.

See “Using the goal function” on page 40.

You can use the recall screen to check recorded measurement data.

See “Viewing past workouts” on page 49.

Measurement function

Allows you to track a wide variety of data during your workout. You can:

- ❏ Measure your heart rate

  See “Measuring your pulse (heart rate)” on page 29.

- ❏ Automatically record a lap when a set time or distance has been reached (AT Lap function)

  See “Recording laps automatically” on page 44.

- ❏ Automatically stop measuring when you stop running, and resumes when you continue running (AT Pause function)

  See “Starting/stopping measurement automatically” on page 45.

- ❏ Set and measure your target pace for one mile or kilometer

  See “Setting a pace” on page 46.

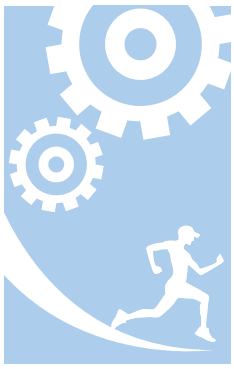
- ❏ Change the items and layout of the Measurement screen display (Screen settings function)

  See “Screen settings” on page 77.

- ❏ Tap to display a set function

  See “Tap” on page 27.

Settings



Allows you to change the settings for the product.

- ❏ Communicate with external devices

  See “Smart Phone” on page 74.
- ❏ Invert the screen's display (Invert function)

  See “System Set. options” on page 76.
- ❏ Adjust the screen's contrast (Adjust contrast function)

  See “System Set. options” on page 76.
- ❏ Turn on the light automatically when the screen changes (Auto Light function)

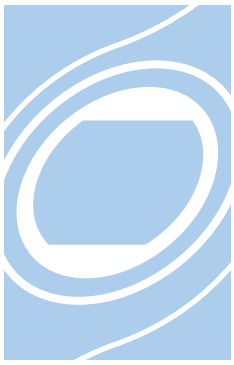
  See “System Set. options” on page 76.
- ❏ Set an alarm (Alarm function)

  See “System Set. options” on page 76.
- ❏ Turn off operation tones (Operation Tones function)

  See “System Set. options” on page 76.
- ❏ Reset configuration information in the product's memory (Initialize function)

  See “System Set. options” on page 76.

Other features



- ❏ You can measure pitch and stride using the built-in stride sensor.

  See “Calibrating the sensors” on page 22.
- ❏ You can skip GPS positioning if it is taking too long.

  See “Skipping GPS positioning” on page 20.
- ❏ You can measure without performing GPS positioning.

  See “Indoor mode” on page 20.
- ❏ You can monitor, analyze, compare and share your recorded data using the RUNSENSE View web app.

  See “Using RUNSENSE View” on page 51.

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Using your SF-810 safely

Make sure you read the manuals (*Quick Start Guide* and *User Manual*) first to use this product safely.

The product may malfunction, or an accident may occur if it is handled incorrectly.

- ❏ Keep the manuals handy to help you resolve any problems.
- ❏ When taking this product out of the country of purchase, check the laws and regulations in the destination country before you travel.
- ❏ This product is not a medical device. Use this product as an indicator during physical exercise.

Symbols in this manual

The following symbols are used in this guide to indicate possible dangerous operations or handling. Make sure you understand these warnings before using the product.

> ***Warning:***
> *This symbol indicates information that, if ignored, could possibly result in serious personal injury.*

> ***Caution:***
> *Ignoring these instructions and mishandling this product could cause injury or damage to property.*

	This symbol indicates an action that should be done.
	This symbol indicates an action that must not be done.

Caring for your SF-810

Your Runsense product is made from materials commonly used in watches and other consumer products. Since you may wear your product over extended periods, including when you are exercising and sweating, it is important that you take care of your skin and your product according to these instructions. Prolonged wearing of your product without proper care could lead to skin irritation or rash.

Please follow the precautions below to ensure full enjoyment and benefit of your Runsense product:

1 Keep Runsense and skin clean:

- ❏ Clean the back of your product and the skin beneath on a regular basis, particularly after exercise, to remove trapped dirt, sweat, lotion, sunscreen and other potentially irritating substances. You may also use a soft brush to clean the back of your product.
- ❏ Do not use household, abrasive, or commercial cleaners on the product.
- ❏ Sweat can be corrosive because it contains salt. Remove the product, rinse your skin carefully and thoroughly and wipe the Runsense product with a soft damp cloth to make sure that no sweat, soap, lotion or other material remains on the skin or under the product before replacing it on your arm.
- ❏ Do not submerge the Runsense product in water or wear it in the shower or bath.
- ❏ Do not allow products such as soap, lotions, sunscreen, dirt and sweat to build up under the product.

2 Keep Runsense and skin dry:

- ❏ If your Runsense product gets wet, such as from sweating, remove after use and clean your wrist and Runsense product thoroughly.
- ❏ Make sure that both the product and the skin beneath the product are thoroughly dry before replacing on your arm.
- ❏ Do not let a wet Runsense product remain in contact with skin for prolonged periods of time.

3 Give skin a rest and some air.

- ❏ Your Runsense product should be worn snugly—not too loose or too tight.
- ❏ When putting on the product, make sure it does not rest on your wrist bone (ulna). This will be uncomfortable and also interfere with the operation of the sensor.
- ❏ Although your product is intended for extended wear, prolonged touching or rubbing could lead to skin irritation. Give your skin a break by periodically removing the product for an hour or so. You must also take off the product while it charges.

Notes on Usage

Notes on using the product and components

Warning	
	Exercise according to your physical capabilities. Stop exercising and consult your doctor if you feel unwell during exercise.
	Persons with high skin sensitivity, eczema, allergies, or asthma may be more likely to experience skin irritation or an allergic reaction from the Runsense product or similar products. Even persons without such conditions may start to experience redness or skin irritation on wrists from prolonged use or if the product is not cleaned regularly as indicated above. If you experience such symptoms: ❏ Stop wearing and remove your product immediately. Do not put it back on. ❏ If symptoms persist for more than 2-3 days after removing the product, consult a dermatologist. ❏ Make sure to follow the wear and care instructions above.
	Do not use or store this product in the following environments. It may cause an electric shock or fire, or the product may malfunction or be damaged. ❏ Locations with very high or low temperatures or humidity ❏ Near volatile substances ❏ Dusty places ❏ Near a strong magnetic field (for example, near a loudspeaker)
	Do not disassemble this product, and do not attempt to repair this product by yourself. It may cause an electric shock or accident.
	Do not leave this product within reach of young children.

	Stop using the product immediately and consult your doctor if you have an allergic reaction or a rash during use.
	The product is water resistant at 5 bar (5 ATM). Although you can use the product for swimming, do not perform button operations under water.
	Do not pour water directly from the tap onto this product. The power of the tap water stream may be strong enough to compromise the product's waterproof feature.
	Do not wear this product in a bath or sauna. The steam and soap may compromise the waterproof feature or cause corrosion.

Notes on using the cradle

	Do not use the cradle or AC adapter if they are in any way damaged, faulty or contaminated by foreign material such as dust, water or dirt. Do not use any adapter other than the specified adapter for charging.

Notes on Electromagnetic Waves

This product is equipped with Bluetooth® Smart technology. When operating supported smartphones, this function wirelessly sends and receives measurement data to the product.

This product has been classified as a low electronic data communication system based on Radio Law. Therefore, this product does not require a radio station licence. The following acts may be punishable by law.

- ❏ Disassembling or remodeling the product
- ❏ Removing the verification or certification number for the product

VCCI Class B Information Technology Device

This device is a class B information technology device. This device is designed for home use, but interference could occur when using in close proximity to radios or television aerials.

Certification information

CE

Frequency

This device uses the frequency bands 2.402 to 2.480 GHz. Other wireless devices may use the same frequency. Note the following points to avoid wireless interference with other wireless devices.

Precautions when performing wireless communication

This device operates on the 2.4 GHz band.

This device operates in the same frequency bandwidth as industrial, scientific, and medical devices such as microwave ovens and mobile object identification (RF-ID) systems (licensed premises radio stations, amateur, and unlicensed specified low-power radio stations (hereafter “other radio stations”)) used in factory production lines.

1. Before using this device, make sure there are no “other radio stations” being used in the vicinity.

2. If this device causes RF interference between the device and “other radio stations”, promptly move to a different location, stop using the device, and contact your local reseller to ask for advice on preventing interference (for example setting up partitions).

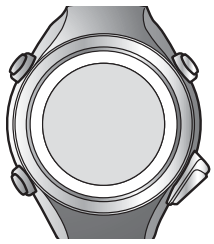
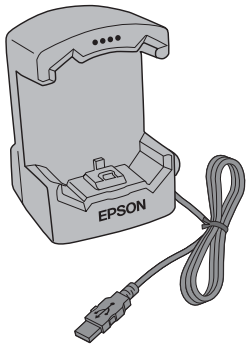
3. In addition, when harmful radio wave interference occurs between the device and “other radio stations”, and refer to “Contacting us about this product” to contact our service centre.
See “Where to get help” on page 90.

	If you notice any abnormalities on your skin, stop using the product immediately.
	In areas in which usage is restricted, such as on airplanes and in hospitals, follow the rules and regulations provided (such as in-flight announcements).

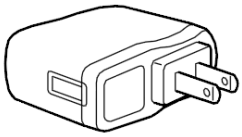
	Do not use the product if you have a surgically implanted medical device such as a cardiac pacemaker.
	Do not bring the product into an operating room or intensive care unit, and do not use the product near medical equipment. Radio waves from the product may interfere with electronic medical equipment.

Setting up your SF-810

What's in the box

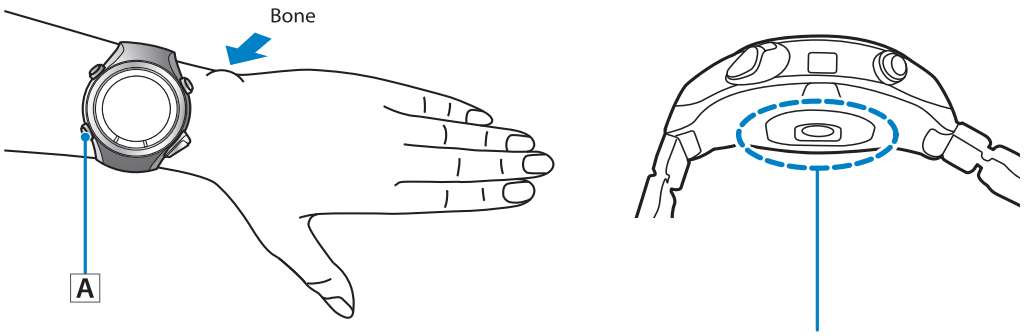
SF-810	Cradle
	

Options
You can purchase the following optional accessories.

AC Adapter (Model no.: SFAC04/Part no.: E12E204001)


Wearing the product

When wearing the product, make sure it does not touch your ulna bone. Wear the product closely around your wrist. Tighten the wristband if your pulse (heart rate) is not measured correctly. However do not wear the product too tight. If you feel any discomfort, loosen the wristband.

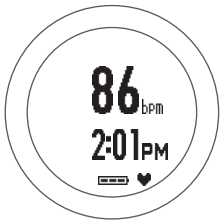


Sensor (reads your pulse on the back of your wrist)

Note:

❏ *After you put the product on, press the **A** button on the Time screen, and check that your pulse is measured. Your pulse (heart rate) should be displayed within about 30 seconds. If it is not displayed, adjust the position of the product on your wrist.*

This product measures your pulse and displays it as the heart rate on the screen.



❏ *The product may not be able to measure accurately if it is not in contact with your skin or if it moves around too much while exercising.*

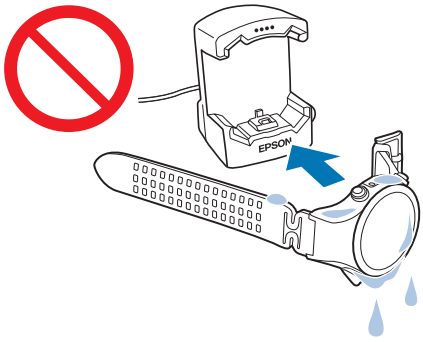
Important:
The accuracy of the heart rate sensor is affected by a low body or ambient temperature. Protect the product by wearing it under a sleeve in cold or windy conditions. A warning will appear if the temperature of the product drops too low.

Charging

Before use

Important:

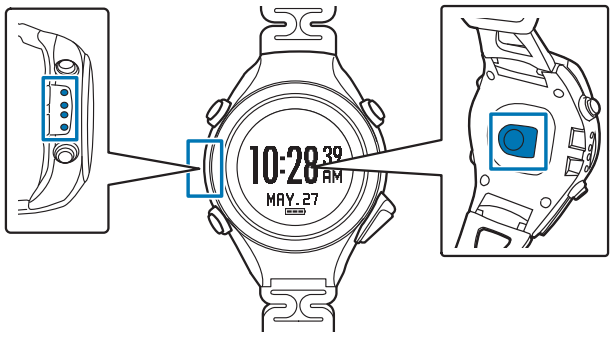
- ❏ *Make sure you use the cradle that came with this product.*
- ❏ *Do not place the product in the cradle when the product is wet.*
  The contact points on the cradle and the product could corrode, malfunction, or cause a communication failure.



- ❏ *Do not press any buttons when the product is wet or you may damage the product.*

If the product is wet, wipe the contact points and sensor lightly with a damp cloth to remove any sweat or dirt, wipe it with a dry cloth to remove any excess water, then let the product air dry before placing it in the cradle.

Contact points/Sensor



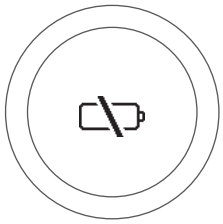
See “Caring for your product” on page 84.

Charging

Important:

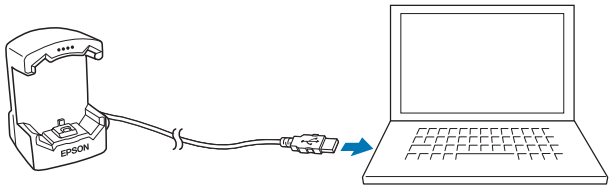
❏ ***Charge the product before using it for the first time.***

❏ *The product will not charge if the temperature is below 41° F (5° C) or above 95° F (35° C). If the temperature is too low or high when you charge the product, the following error screen is displayed, and charging stops. When the product returns to a suitable temperature, charging resumes.*

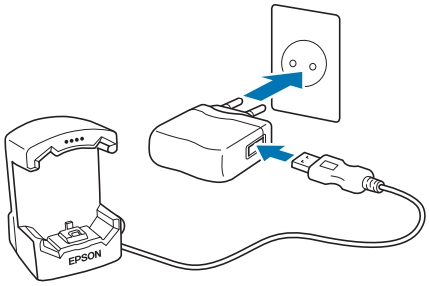


1 Connect the cradle using one of the following methods:

❏ Using a computer
Connect the cradle's USB plug to the computer's USB port.
This is not guaranteed to work with all computers. Do not use a USB hub. Connect the cradle directly to the computer.



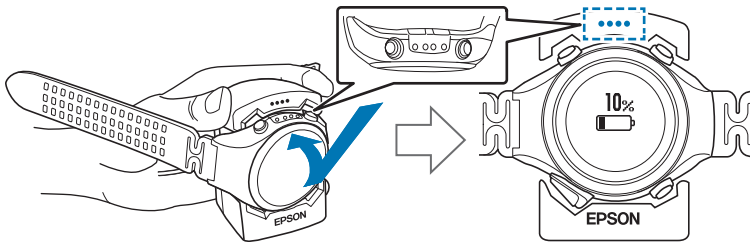
❏ Using the AC adapter
Connect the cradle's USB plug to the AC adapter's USB port.
We recommend using the optional AC adapter (model no. SFAC04/part no. E12E204001). If you do not use a supported AC adapter, you may not be able to charge the product or it may not operate correctly.



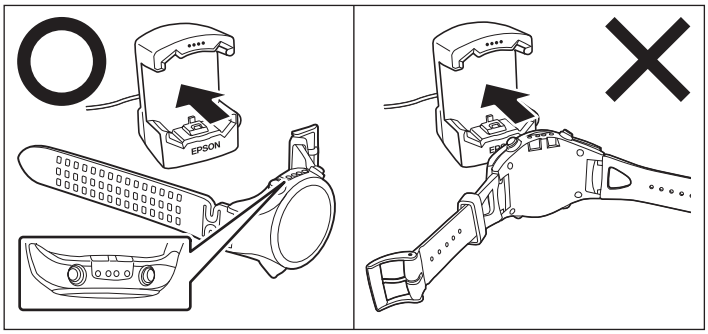
2 Place the product into the cradle.

Check that the contact points on the product are pointing up and match the contact marks on the cradle.

After placing the product into the bottom of the cradle with the LCD screen facing out, push carefully on the top of the product until it clicks into place.

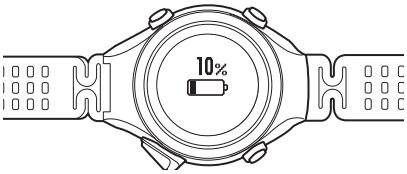


Important:
Make sure the product is placed in the correct direction; otherwise, the product or the cradle could be damaged.

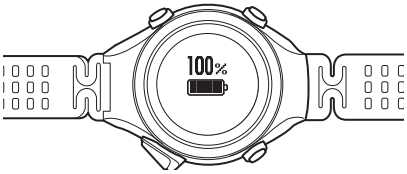


When the product is placed in the correct direction, the alarm sounds, the charging screen is displayed, and charging starts.

A full charge normally takes approximately 2.5 to 3.5 hours, but charging time may vary.

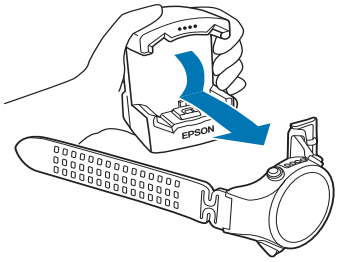


When the battery icon on the LCD screen displays 100%, charging is complete.



Note:
When the battery icon displays 100%, charging automatically stops. The product will not be damaged even if you continue to charge the battery.

3 When charging is complete, hold the cradle and press the product down into the lower part of the cradle to release product.



Initial Settings

After charging the product for the first time and removing it from the cradle, follow the on-screen instructions to select the initial settings.

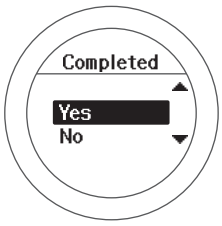
> ***Important:***
> *The time is automatically detected via GPS. GPS signals cannot be received indoors. Make sure the initial GPS synchronization is performed outdoors.*

1 Follow the on-screen instructions to set the language; unit format; your height, weight, DOB, and gender; today's date; and the date format.

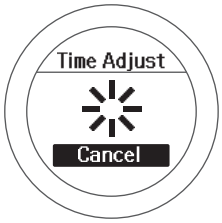
Press **C** or **D** to highlight an option, then press **A** to select it.

2 Go to a location outside that isn't surrounded by tall buildings with no obstructions overhead.

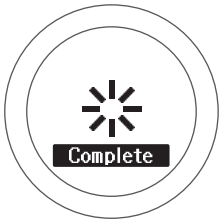
3 Press **C** or **D** to highlight **Yes**, then press **A** to start GPS synchronization.



A signal is received from the GPS and the time is automatically synchronized.



When **Complete** is displayed, press **A**.



The Time screen is displayed.

Note:

- ❏ *When you do not use the product for a while, it enters sleep mode and the time display turns off. The display is restored the next time you move the product.*
- ❏ *If time synchronization fails, the signal from the GPS may not be being received properly. Set the* ***Time Adjust*** *option in the* ***Sys. Settings*** *menu.*

See "System Set. options" on page 76.

About the battery

You can check how much charge remains from the battery icon below the time display.

Battery icon					
Hours remaining*	GPS On Pulse (Heart rate) On	20 to 14 hours	14 to 8 hours	8 to 2 hours	2 to 0 hours
	GPS On Pulse (Heart rate) Off	24 to 17 hours	17 to 10 hours	10 to 3 hours	3 to 0 hours

* Approximate battery life remaining while in Chronograph mode.
Actual battery life will vary.

Important:
If the product is left for a long time with a low battery, the performance of the rechargeable battery will deteriorate. Make sure you charge the product at least once every six months even when it is not being used.

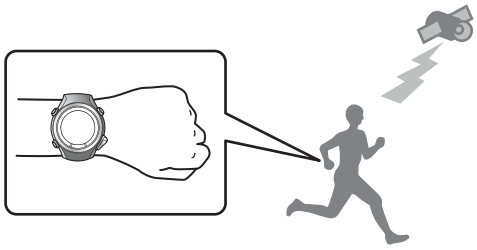
Note:
If the battery runs out, the measurement data is still stored in the memory.The date and time may reset, and the Date may need to be manually re-entered.

GPS Positioning

Measuring function for the product

This product receives a signal from the GPS, and measures distance and pace. To make sure measurements are performed accurately, use the product under the following conditions to allow for easy reception of GPS signals:

- ❏ Outside with no obstructions overhead
- ❏ Wear the product with the screen facing up



Locations where you cannot receive GPS signals

Inside rooms or buildings, or underground	In tunnels	Under water

Locations where it is difficult to receive GPS signals

Locations with electronic interference, such as constructions sites and heavy traffic	Near high-voltage wires or television towers, overhead electric wires for trains, and roads with skyscrapers	On water

GPS positioning

When you switch to the Measurement screen, the product receives a signal from various satellites, and identifies your GPS position.

> ***Important:***
> *Make sure you are outside with no obstructions overhead, and try to keep the product as still as possible.*

1 Go to a location outside with no obstructions overhead.

2 Press **C** on the Time screen to perform GPS positioning.

When GPS positioning is complete, the Measurement screen is displayed.

> ***Note:***
> *It usually takes less than two minutes to complete GPS positioning.*
>
> *If it takes more than two minutes and **Failed** is displayed, select **Cancel**, move to a different location, and try again.*
>
>
>

When the Measurement screen is displayed, you can start measuring.
See “Measuring your workouts” on page 28.

Skipping GPS positioning

If you do not want to use GPS features, or if GPS positioning is taking too long, press **C** or **D** to highlight **Skip**, then press **A**.

The product continues to search for a GPS signal, and starts recording positional information when it successfully synchronizes with a satellite. The route you have travelled before the GPS has synchronized is not recorded, but distance and pace data can still be measured. The product will use the stride sensor until a GPS connection is made.
See “Measurable items” on page 22.

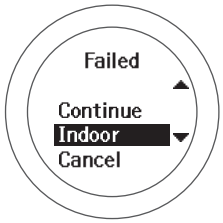
Indoor mode

This function allows you to measure without performing GPS positioning.

Your route is not recorded in Indoor mode. The measurements recorded by your product are also limited in Indoor mode.
See “Measurable items” on page 22.

Use either of the following methods to enter Indoor mode.

- ❏ Press **C** or **D** to highlight **Indoor** during GPS positioning, then press **A**.
- ❏ If GPS positioning fails, press **C** or **D** to highlight **Indoor** on the screen displayed, then press **A**.



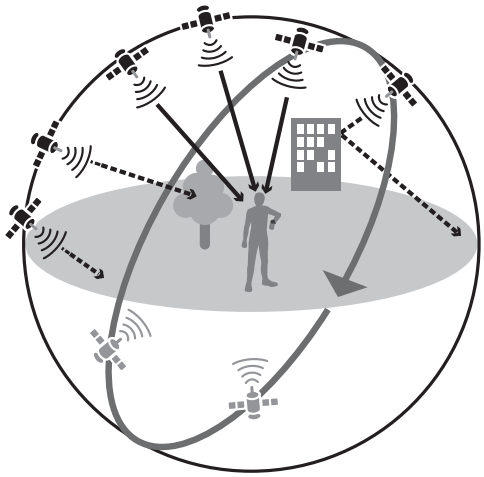
Making precise measurements

When you use the product for the first time or when the product has not been used for several months, you need to allow the product to completely synchronize with the GPS satellites. Switch to the Measurement screen, then wait outside for at least 15 minutes with no obstructions overhead. Your product will track your movements with greater accuracy after this extended calibration.

You will not need to repeat this process again unless you do not use the product for a few months.

Note:
The basic configuration of the GPS system is 24 satellites orbiting the Earth at an altitude of about 12,500 miles (20,000 km), with at least four satellites travelling in six different orbits. The GPS receiver acquires data from four satellites and calculates the latitude, longitude, altitude, and time. Measuring can start once positioning has been performed and this information has been received. Your product receives more detailed GPS navigation data after 15 minutes of GPS positioning, which allows you to make more precise measurements.

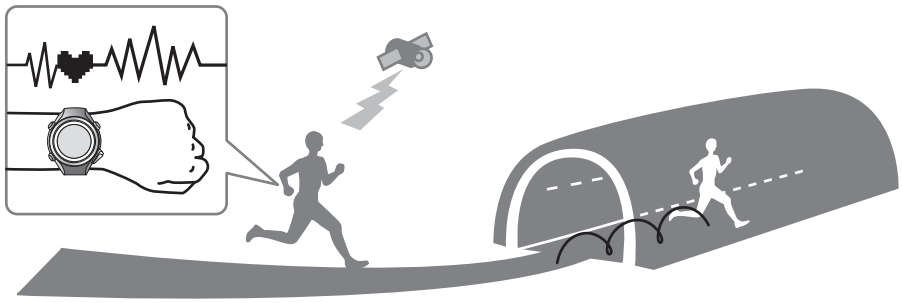
Errors may still occur in distance measurements due to atmospheric conditions and your specific surroundings.



Calibrating the pulse and stride sensor

About the pulse and stride sensor

This product has a built-in pulse sensor and a stride sensor. The pulse sensor detects your pulse (heart rate) directly on your wrist. The stride sensor calculates distance and laps with high precision, and measures your pitch and stride even when the GPS signal is lost.



Calibrating the sensors

❏ When using the product for the first time, you need to run continuously for a certain amount of time to make sure that your pulse (heart rate) and stride are accurately detected by the sensor.Follow these guidelines to ensure the product learns your specific running style quickly:If you are outside with no obstructions overhead, make sure you run for approximately 10 minutes.

❏ If you are surrounded by tall buildings, make sure you run for approximately 30 minutes.

You only need to do this the first time you use the SF-810 and if you reset the product.

> ***Note:***
> *If you plan to use the product to measure running, run at your usual pace when you calibrate the sensor. Errors may occur if your typical pulse/stride pattern is significantly different from your initial calibration.*

See "Measuring time, distance, and speed" on page 31.

Measurable items

Items that can be measured by each measurement function for chronograph, interval, and goal mode.

Measurement item	Display name
Distance	Dist.
Lap Distance	LapDist.
Pace	Pace
Average Pace	Av.Pace
Lap Pace	LapPace
Speed	Speed
Average Speed	Av.Spd
Lap Speed	LapSpd
Split Time	Split
Lap Time	Lap
Time	Time
Calories Burnt	Calories
Altitude	Alt.*
Guide Time	Guide
Guide Distance	GuideDist.
Stride	Stride
Average Stride	Av.Stride
Lap Stride	LapStride
Pitch	Pitch
Average Pitch	Av.Pitch
Lap Pitch	LapPitch
HR	HR
Average HR	Av.HR
Maximum HR	Max.HR
Lap HR	LapHR
Steps	Steps
Lap Steps	LapStp
HR Zone Time	Spent.HR
Time to HR Zone	Time.HR
Total Ascent	Tot.Asc.*
Total Descent	Tot.Des.*
Grade	Grade*
Latitude/Longitude	LAT/LONG*
Estimated Time	Est.
Estimated Distance	Est.Dist.

*Not available in Indoor mode, see "Indoor mode" on page 20 for more information.

Basic operations

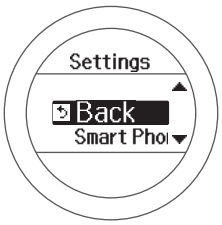
Changing screens

This product has a variety of screens: a Time screen, a Measurement screen, two Settings screens (Settings menu and Measure set. menu), and a Recall screen. You can navigate these screens with the following buttons:

Short press

Long press (two seconds or more)

Settings menu



See "Settings screen (Settings menu/Measure set. menu)" on page 25.

B

A

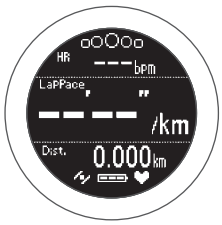
Time screen

See "Time screen" on page 24.

C

A/C

Measurement screen



See "Measurement screen" on page 25.

See "Changing settings" on page 73.

A

D

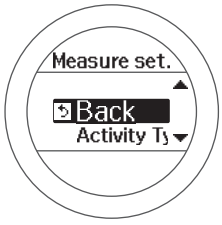
Recall screen

See "Recall screen" on page 26.

A

B

Measure set. menu



See "Settings screen (Settings menu/Measure set. menu)" on page 25.

Note:

- ❏ *When you do not use the product for a while, it enters sleep mode and the display turns off. The display will turn back on the next time you move the product. You can also turn off the sleep function.*

  See "System Set. options" on page 76.

- ❏ *The Time screen is displayed if you don't press any buttons for a set period of time. This period of time varies depending on the current screen:*

  Sys. Settings/User Settings/Recall screen: 3 minutes.

  Measurement Screen (while not measuring): 60 minutes.

- ❏ *The Measurement screen is displayed if you don't press any buttons for thee minutes on the Measure set. menu screen.*

Button functions

The function for each button changes depending on which screen is displayed.

Time screen

Button		Description
A	Short press	Starts pulse (heart rate) measurement.*
	Long press (two seconds or more)	Turns the power on or off.
B	Short press	Turns the light on or off. The light turns on for approximately 10 seconds.
	Long press (two seconds or more)	Displays the Settings menu. See "Settings screen (Settings menu/Measure set. menu)" on page 25.
C	Short press	Performs GPS positioning, and displays the Measurement screen. See "Measurement screen" on page 25.
D	Short press	Displays a record of the measurement history (Recall screen). See "Recall screen" on page 26.
	Long press (two seconds or more)	Performs Bluetooth® communication. Use this when uploading measurement data.

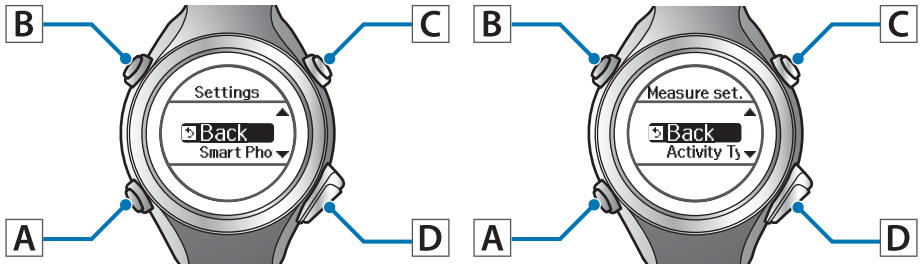
* Measures your pulse (heart rate) when worn on your wrist. Your current heart rate will be displayed on the watch display, but will not be recorded.
See "Wearing the product" on page 13.

Measurement screen

Button		Description
A	Short press	You can display up to four Measurement screens and switch the screens using this button.
	Long press (two seconds or more)	Displays the Time screen. Not available while measuring.
B	Short press	Turns the light on or off. The light turns on for approximately 10 seconds.
	Long press (two seconds or more)	Displays the Measure set. menu. Not available while measuring.
C	Short press	Starts, stops, or resumes measuring.
	Long press (two seconds or more)	Displays the Time screen. Displays the Time screen if you use reset* while measuring is stopped. Not available while measuring.
D	Short press	Records laps while measuring.
	Long press (two seconds or more)	Resets* while measuring is stopped. Not available while measuring.

* When you reset the display, it returns to the status before measuring started allowing you to start the next measurement. Data that has been measured up to that point is stored in the product's memory.

Settings screen (Settings menu/Measure set. menu)



Button		Description
A	Short press	Confirms a selection.
	Long press (two seconds or more)	From the Settings menu, the Time screen is displayed. From the Measure set. menu, the Measurement screen is displayed.
B	Short press	Turns the light on or off. The light turns on for approximately 10 seconds.
	Long press (two seconds or more)	—
C	Short press	Selects the upper item. Increases the value.
	Long press (two seconds or more)	Selects the upper item. Speeds through the values.
D	Short press	Selects the lower item. Decreases the value.
	Long press (two seconds or more)	Selects the lower item. Speeds through the values.

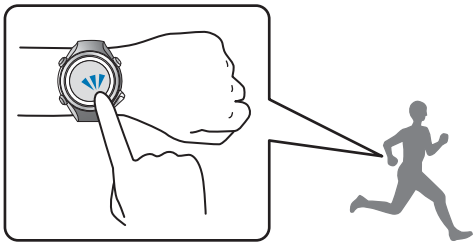
Recall screen

Button		Description
A	Short press	Confirm a selection.
	Long press (two seconds or more)	Displays the Time screen.
B	Short press	Turns the light on or off. The light turns on for approximately 10 seconds.
	Long press (two seconds or more)	—
C	Short press	Scrolls up.
	Long press (two seconds or more)	
D	Short press	Scrolls down.
	Long press (two seconds or more)	

Tap

Tap the product screen to perform any of the following functions. You can adjust these settings via the Tap option in the Measure set. menu.

See "Measurement settings" on page 71.



Function	Description
Lap	Records the lap. You can also record a lap by pressing **D** while measuring.
Light	Turns on the light. The light turns on for approximately 10 seconds. You can also turn on the light by pressing **B**.
Screen Chg.	Changes between the four measurement screens. You can also switch between measurement screens by pressing **A**.
OFF*	Turns off tap operations.

*indicates the default setting.

Note:

- ❏ *The tap function may not work if you tap the screen repeatedly. Make sure you leave a gap of approximately one second between taps.*
- ❏ *When biking, the tap function may trigger due to bumps in the road surface. Change the setting to **OFF** when biking to prevent this.*

Alarm (tones/vibration)

Your product can sound an alarm when certain operations or exercises are performed. The following table explains the meaning of each alarm depending on the current watch mode.

Mode	Alarm description
Chronograph Interval Goal	When the lap is paused
	When measuring is stopped When measuring restarts
	When you are off your target pace When you have set multiple target paces and the target pace changes
	When you are outside of your HR Zone
Interval	When switching between sprint and recovery intervals When the total number of sets is reached
Goal	When 50/90% of the set time or distance is reached When the set time or distance is complete

Note:

- ❏ *You can change the alarm tone or volume, or turn the alarm off via the Alarm option in the System set. or Measure set. menus.*

See "Measure set. options" on page 72.

See "System Set. options" on page 76.

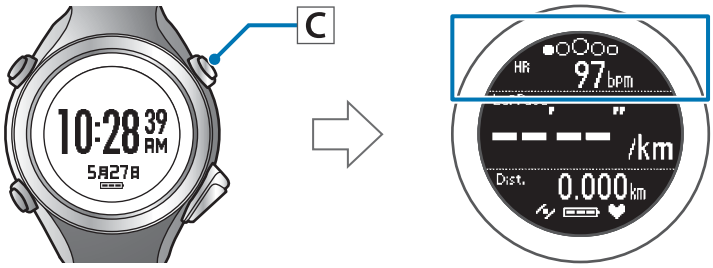
Measuring your workouts

The SF-810 has a built-in pulse (heart rate) sensor to track your activity during workouts and make heart rate zone training easy. Your product uses your GPS location to automatically measure your time, distance, and speed throughout your workout.

“Measuring your pulse (heart rate)” on page 29
“Measuring time, distance, and speed” on page 31
“Using the interval function” on page 34
“Using the goal function” on page 40
“Recording laps automatically” on page 44
“Starting/stopping measurement automatically” on page 45
“Setting a pace” on page 46

Measuring your pulse (heart rate)

Press **C** on the Time screen to start GPS positioning. The Measurement screen is displayed when positioning is complete. When your pulse (heart rate) is detected, an alarm sounds, and the heart rate and heart rate zone are displayed.



You can adjust the five heart rate zones (within the range of the minimum and maximum heart rate) in the User Settings menu.
See “User Settings” on page 74.

The value in parentheses () is the default setting.

Setting	Options	Icon
HR Zone	Zone1 (30 to 100 bpm)	●○○○○
	Zone2 (101 to 130 bpm)	○●○○○
	Zone3 (131 to 160 bpm)	○○●○○
	Zone4 (161 to 190 bpm)	○○○●○
	Zone5 (191 to 240 bpm)	○○○○●

Measuring pulse (heart rate)

You can measure pulse (heart rate) while using the chronograph, interval, and goal functions. See the following sections for more information on each function.

“Measuring time, distance, and speed” on page 31

“Using the interval function” on page 34

“Using the goal function” on page 40

Customizing the heart rate display

Your heart rate and heart rate zone are displayed by default on the Measurement screen. The following can also be displayed:

Setting	Options		Description
	1 Line	2 Lines/3 Lines	
HR	HR	HR	Current heart rate
Average HR	Avg.HR	Av.HR	Average heart rate from the start of measurements
Maximum HR	Max.HR	Max.HR	Maximum heart rate from the start of measurements
Lap HR	LapHR	LapHR	Average heart rate for each lap
HR Zone Time	Spent.HR	Spent.HR	Time within heart rate zone for each lap
Time to HR Zone	Time.HR	Time.HR	Time until entering heart rate zone for each lap

For details on accessing these settings and a full list of items that can be displayed on the Measurement screen, see “Screen settings” on page 77.

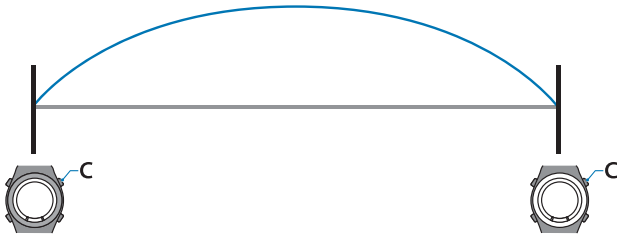
Measuring time, distance, and speed

What is the chronograph function?

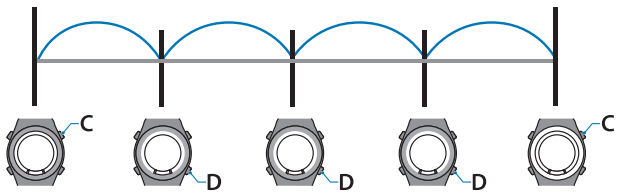
The chronograph function allows you to measure split times and lap times simultaneously. You can also automatically measure distance, speed, and route using the positional information and time from the GPS signal.

> ***Note:***
> *Set the Activity Type before you start exercising.*
>
> *See "Measurement settings" on page 71.*

Split Time
Measures the elapsed time. Press **C** to start measuring, and press **C** again to stop measuring.



Lap Time
Records the elapsed time for each lap. To record a lap, press **D** while measuring.



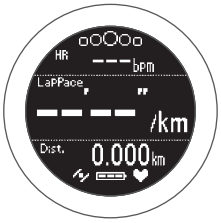
With the AT Lap function, laps are recorded automatically when a time or distance set in advance has been reached.

See "Recording laps automatically" on page 44.

Measuring

1 Press **C** on the Time screen to display the Measurement screen.

GPS positioning starts, and the Measurement screen is displayed once positioning is complete.



See "GPS Positioning" on page 19.

2 Press **C** to start measuring.

3 Press **D** while measuring to record a lap.

The Lap Hold Screen is displayed for 5 seconds, then the Measurement screen is displayed.

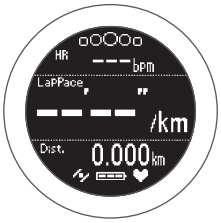
See "Lap Hold screen" on page 33.

Note:
The screen shown may differ depending on the settings you've selected.

See "Screen Layout options" on page 79.

4 Press **C** to stop measuring at any time; you can press **C** again to resume measuring.

5 Hold down **D** while measuring is stopped to reset the Measurement screen.



The data measured up to that point is stored in the product's memory. You can check your past workouts by pressing **D** on the Time screen.

See "Viewing past workouts" on page 49.

Note:
To stop measuring and return to the Time screen, do one of the following:

- ❏ *After resetting the measurement results in step 5, hold down **A**.*
- ❏ *While the screen in step 4 is displayed while measurement is stopped, hold down **C**. The measurement results are reset and the Time screen is displayed.*
- ❏ *If no operations are made for 60 minutes on a screen other than the measuring screen, the Time screen is displayed.*

Screen display

Measurement screen

There are different measurement screens available. Each screen shows different information about your current activity. Press **A** to switch between these screens.

Note:
You can change the number of lines displayed and the measurements displayed for each screen.

See "Screen settings" on page 77.

Screen		Default display	Default measurements shown
Screen 1		3 lines	HR Lap Pace Distance

Screen		Default display	Default measurements shown
Screen 2		2 lines	Split Time Lap Time
Screen 3		3 lines	HR Altitude Time
Screen 4		2 lines	HR Stride

The heart rate zone (indicated by ○○●○○ in the image above) is displayed when the HR is set to ON (default) in the measurement setting.
See “Measuring your pulse (heart rate)” on page 29.

Lap Hold screen

The Lap Hold screen is displayed for 5 seconds when a lap is recorded.

Note:
You can change the number of lines and measurements displayed on this screen.

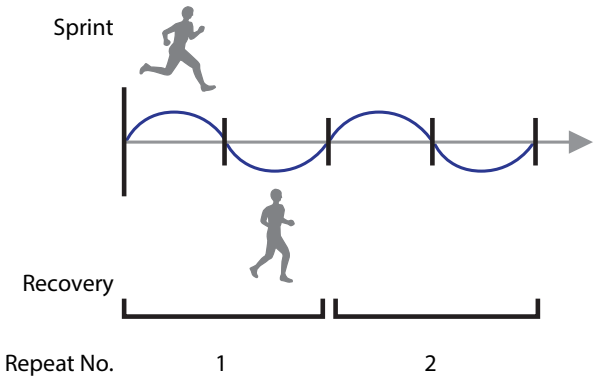
See “Screen settings” on page 77.

Screen		Default display	Default measurements shown
Lap Hold screen		2 Lines	Lap Time Lap Pace

Using the interval function

What is the interval function?

This function allows you to perform alternating sets of hard (sprint) and light (recovery) exercise. You can set the time and distance for each interval of hard and light exercise, as well as the number of times you want to repeat this pattern. An alarm notifies you to change between sprint and recovery intervals.



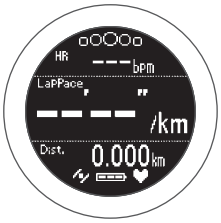
Creating and using interval presets

> ***Note:***
> *You can also adjust the interval presets from the Run Connect PC application.*
>
> *See "Setting the Interval function" on page 67.*

Creating interval presets

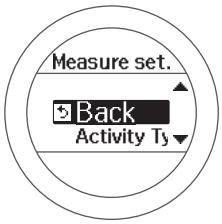
1 Press **C** on the Time screen to display the Measurement screen.

GPS positioning starts, and the Measurement screen is displayed once positioning is complete.

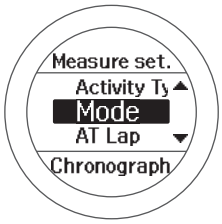


See "GPS Positioning" on page 19.

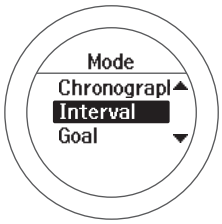
2 Hold down **B** on the Measurement screen, displays the **Measure set.** menu.



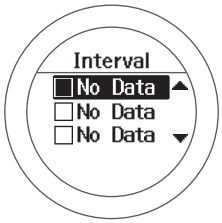
3 Press **C** or **D** to highlight **Mode**, then press **A**.



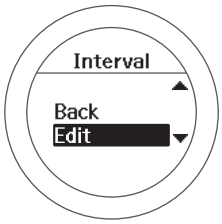
4 Press **C** or **D** to highlight **Interval**, then press **A**.



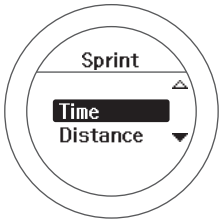
5 Press **C** or **D** to highlight an entry, then press **A**.



6 Press **C** or **D** to highlight **Edit**, then press **A**.

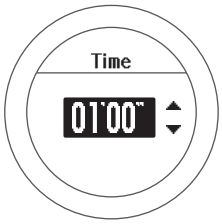


7 To select whether you want to measure your intervals by a specific length of time or a set distance, press **C** or **D** to highlight **Distance** or **Time**, then press **A**.



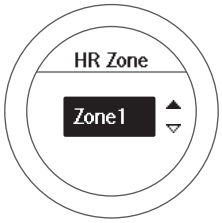
8 Press **C** or **D** to adjust the time or distance interval, then press **A**.

Hold down **C** or **D** to quickly scroll through the available settings.



9 Press **C** or **D** to select the heart rate zone that you want to maintain while sprinting, then press **A**.

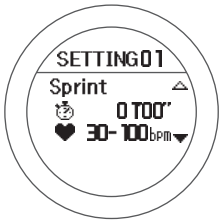
An alarm sounds if you are outside the set heart rate zone.



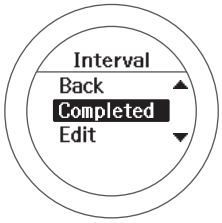
> ***Note:***
> *You can check or change the value set for the heart rate in each heart rate zone in User Settings.*
>
> *See "User Settings" on page 74.*

10 Set the length of the recovery period (light exercise) and number of times that you want to repeat these intervals.

11 Press **C** or **D** to check the settings that you have selected. Press **A** to confirm them.



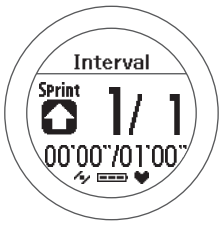
12 Press **C** or **D** to highlight **Completed**, then press **A**.



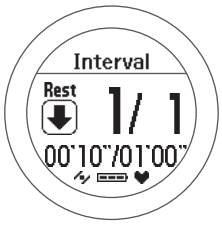
The Interval screen is displayed.

Measuring intervals

1 Press **C** to start the sprint interval.



When the sprint time or sprint distance has passed, an alarm sounds and the recovery interval starts automatically.



This will continue based on the number of interval repeats that you have selected.

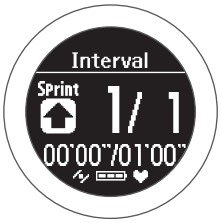
Note:

- ❏ *Press **D** while measuring to switch between sprint and recovery intervals.*
- ❏ *To stop measuring, press **C**. Press **C** again to resume measuring.*

2 The product automatically stops measuring after you have completed the set number of interval repeats.

When you finish, the time, distance, and calories burnt are displayed.

3 Hold down **D** while measuring is stopped to reset the measurement results. Data measured up to that point is stored in the product's memory. You can check this data by pressing **D** on the Time screen.



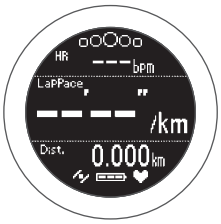
See "Viewing past workouts" on page 49.

Loading interval presets

Loading interval presets

1 Press **C** on the Time screen to display the Measurement screen.

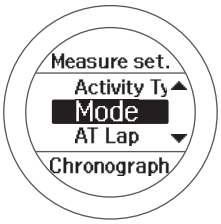
GPS positioning starts, and the Measurement screen is displayed once positioning is complete.



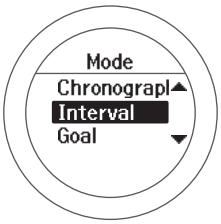
See "GPS positioning" on page 20.

2 Hold down **B** on the Measurement screen to display the Measure set. menu.

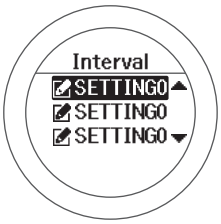
3 Press **C** or **D** to highlight **Mode**, then press **A**.



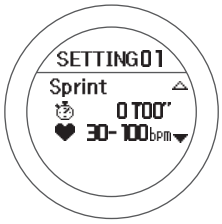
4 Press **C** or **D** to highlight **Interval**, then press **A**.



5 Press **C** or **D** to highlight one of the three presets, then press **A**.

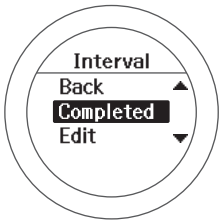


6 Press **C** or **D** to check and confirm the preset settings, then press **A**.



7 Press **A** to select **OK**.

8 Press **C** or **D** to highlight **Completed,** then press **A**.



The preset Interval screen is displayed.

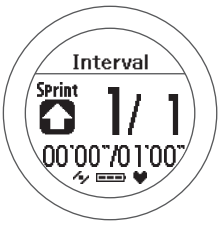
Measuring

See “Measuring” on page 31.

Screen display

There are five different interval measurement screens available. Each screen shows different information about your current activity. Press **A** to switch between these screens.

> ***Note:***
> *You can customize the display on four of the measurement screens.*
>
> *See "Screen settings" on page 77.*

Screen		Default display	Default measurements shown
Fixed interval screen		Interval	Time or distance for Sprint/Recovery
Screen 1		3 lines	HR Lap Pace Distance
Screen 2		2 lines	Split Time Lap Time
Screen 3		3 lines	HR Altitude Time
Screen 4		2 lines	HR Stride

The heart rate zone (indicated by ○○○○○ in the image above) is displayed when the HR is set to ON (default) in the measurement setting.

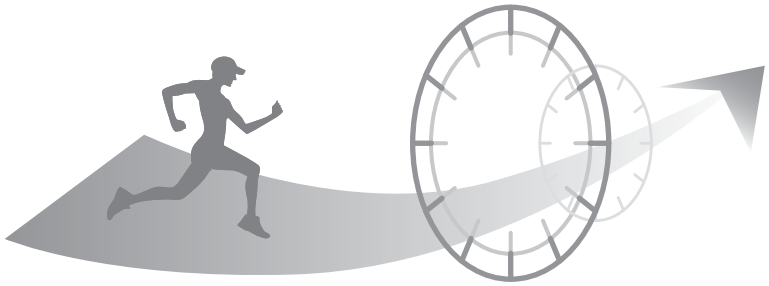
See "Measuring your pulse (heart rate)" on page 29.

Using the goal function

What is the goal function?

The goal function allows you to measure until a preset time or distance is reached.

Time race
Allows you to set a time as your goal and measure the time to go until that goal is reached. You can exercise while checking the elapsed time. You can also calculate the estimated distance you will cover during that time.



Distance race
Allows you to set a distance as your goal and measure the distance to go until that goal is reached. You can exercise while checking the distance. You can also calculate the estimated total time to complete the set distance.

Note:
By default, Estimated Distance and Estimated Time are not displayed. You can change the screen settings to show these measurements.

See "Screen settings" on page 77.

Setting and measuring a goal

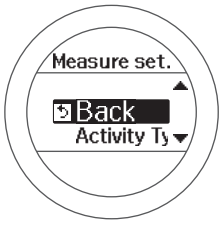
Setting the time or distance

1 Press **C** on the Time screen to display the Measurement screen.

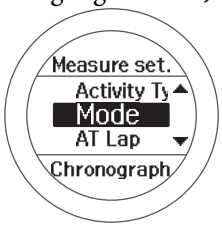
GPS positioning starts, and the Measurement screen is displayed once positioning is complete.

See “GPS Positioning” on page 19.

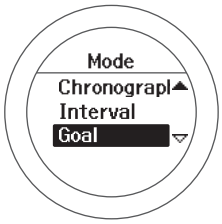
2 Hold down **B** on the Measurement screen to display the Measure set. menu.



3 Press **C** or **D** to highlight **Mode,** then press **A**.



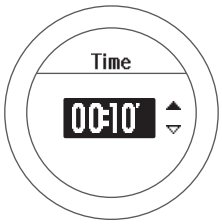
4 Press **C** or **D** to highlight **Goal**, then press **A**.



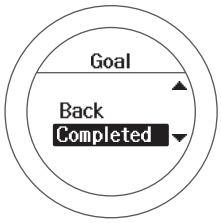
5 Press **C** or **D** to highlight either time or distance, then press **A**.

6 Press **C** or **D** to adjust the goal time or distance, then press **A**.

Hold down **C** or **D** to quickly scroll through the available settings.



7 Press **C** or **D** to highlight **Completed**, then press **A**.



The Goal Measurement screen is displayed.

Measuring

1 Press **C** on the Goal Measurement screen to start measuring.

2 When your goal time or distance is reached, the Finish screen is displayed.

The time, distance, and calories burnt are displayed.

> ***Note:***
> *An alarm notifies you when you reach 50% and 90% of your goal time or distance.*

3 Press **C** to stop measuring.

4 Hold down **D** while measuring is stopped to reset the screen.

Data measured up to that point is stored in the product's memory. You can check it by pressing **D** on the Time screen.

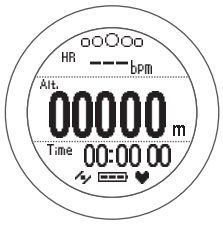
See “Viewing past workouts” on page 49.

> ***Note:***
> *Do any of the following to stop measuring and return to the Time screen:*
>
> - ❏ *After resetting the measurement results in step 4, hold down **A**.*
> - ❏ *While the screen in step 3 is displayed, hold down **C**. The measurement results are reset and the Time screen is displayed.*
> - ❏ *If you do not press any buttons for 60 minutes on a screen other than the Measurement screen, the Time screen is displayed.*

Screen display

There are five goal measurement screens available. Each screen shows different information about your current activity. Press **A** to switch between these screens.

> ***Note:***
> *You can customize the display on four of the goal screens.*
>
> *See "Screen settings" on page 77.*

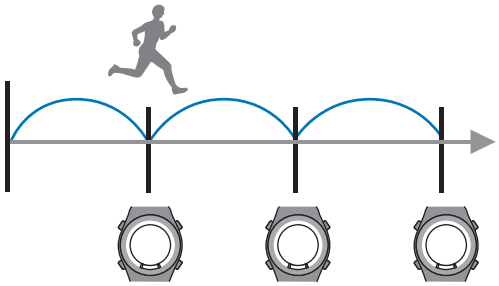
Screen		Default display	Default measurement shown
Fixed goal screen		Goal	Time or distance for Goal
Screen 1		3 lines	HR Lap Pace Distance
Screen 2		2 lines	Split Time Lap Time
Screen 3		3 lines	HR Altitude Time
Screen 4		2 lines	HR Stride

The heart rate zone (indicated by ○○○○○ in the image above) is displayed when the HR is set to ON (default) in the measurement setting.

See "Measuring your pulse (heart rate)" on page 29.

Recording laps automatically

Use the AT Lap function to automatically record laps whenever a set time or distance is reached.

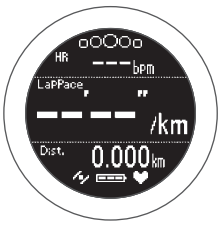


Note:
You can also adjust the AT Lap function from the Run Connect PC application.

See "Adjusting the AT Lap settings" on page 64.

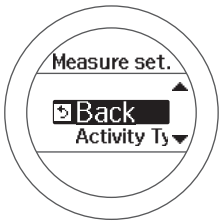
1 Press **C** on the Time screen to display the Measurement screen.

GPS positioning starts, and the Measurement screen is displayed once positioning is complete.

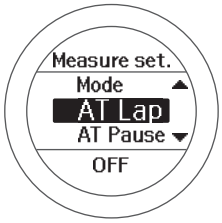


See "GPS Positioning" on page 19.

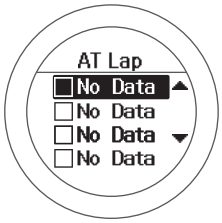
2 Hold down **B** on the Measurement screen to display the Measure set. menu.



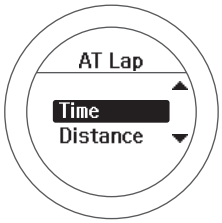
3 Press **C** or **D** to highlight **AT Lap**, then press **A**.



4 Press **C** or **D** to highlight an entry, then press **A**.

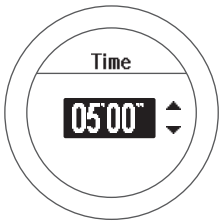


5 Select whether you want the laps to be recorded after a specific time or distance is reached. Press **C** or **D** to highlight **Time** or **Distance**, then press **A**.



6 Press **C** or **D** to adjust the lap time or distance, then press **A** when finished.

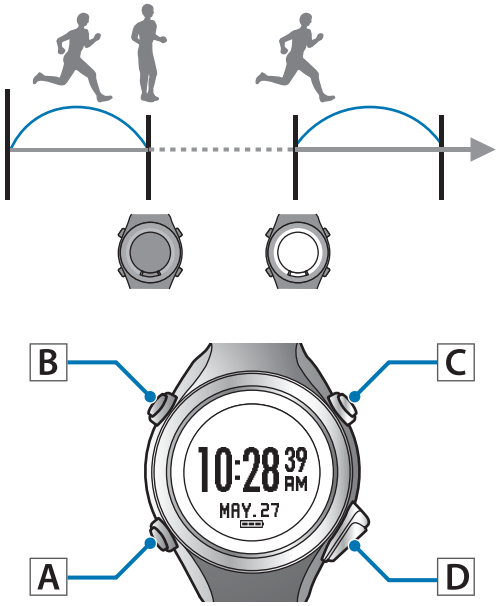
Hold down **C** or **D** to quickly scroll through the available settings.



7 Hold down **A** to confirm the AT Lap settings and return to the Measurement screen.

Starting/stopping measurement automatically

Use the AT Pause function to automatically stops measuring when you stop running and resumes measurement when you continue.

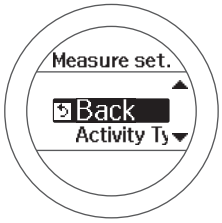


1 Press **C** on the Time screen to display the Measurement screen.

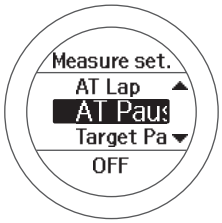
GPS positioning starts. The Measurement screen is displayed once positioning is complete.

See "GPS Positioning" on page 19.

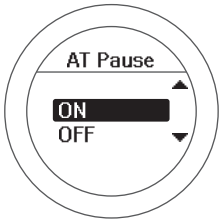
2 Hold down **B** on the Measurement screen to display the Measure set. menu.



3 Press **C** or **D** to highlight **AT Pause**, then press **A**.



4 Press **C** or **D** to highlight **ON,** then press **A**.

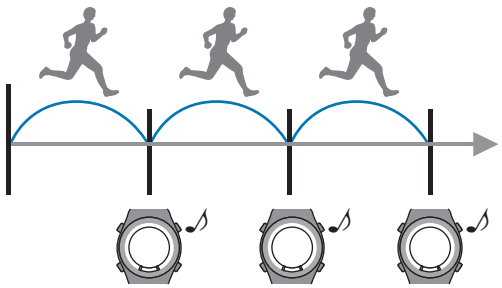


5 Hold down **A** to confirm the AT Pause settings and return to the Measurement screen.

Setting a pace

You can use the Target Pace function to sound an alarm if you fall behind your preset pace.

Set your target time per one mile or kilometer (your target pace) and the range at which the alarm sounds when you fall behind that target pace.

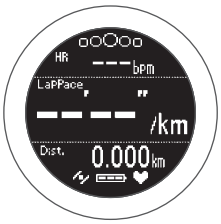


Note:
You can also adjust the Target Pace function from the Run Connect PC application.

See "Setting the Target Pace Function" on page 65.

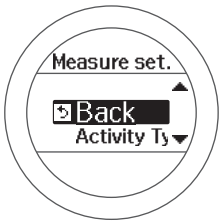
1 Press **C** on the Time screen to display the Measurement screen.

GPS positioning starts, and the Measurement screen is displayed once positioning is complete.



See "GPS Positioning" on page 19.

2 Hold down **B** on the Measurement screen to display the Measure set. menu.

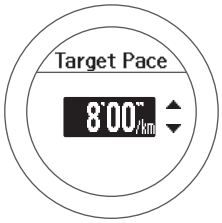


3 Press **C** or **D** to highlight **Target Pace**, then press **A**.

4 Press **C** or **D** to highlight an entry, then press **A**.

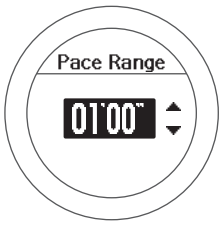
5 Press **C** or **D** to set your target pace per mile or kilometer, then press **A**.

Hold down **C** or **D** to quickly scroll through the settings.



6 Press **C** or **D** to select the pace range, then press **A**. An alarm sounds if you are outside the set pace range.

Hold down **C** or **D** to speed through the numbers.



7 Hold down **A** to confirm the Target Pace settings and return to the Measurement screen.

> ***Note:***
> *If you want to turn off the alarm that notifies you when you are falling behind the set pace range, select* ***OFF*** *in step 6.*

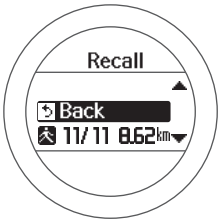
Checking past workouts

You can check your past workouts on the Recall screen.

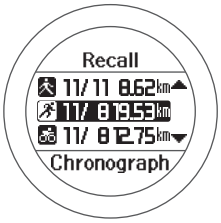
“Viewing past workouts” on page 49
“Measurement icons” on page 49
“Deleting past workouts” on page 50

Viewing past workouts

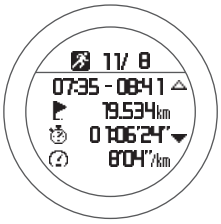
1 Press **D** on the Time screen to display the Recall screen.



2 Use **C** or **D** to highlight the workout you want to view, then press **A**.



3 Press **C** or **D** to scroll through the workout data.

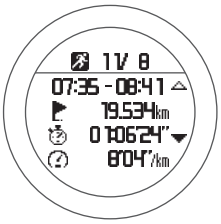


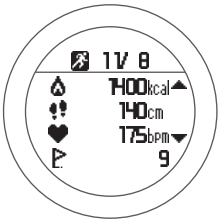
4 When you're done viewing the workout, press **A**, then select **Back**.

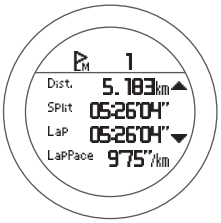
5 Hold down **A** to return to the Time screen.

Measurement icons

The following icons appear on the Recall screen:







Workout icons	
	Run mode
	Walk mode
	Bike mode

Measurement icons	
	Distance
	Split time
	Average pace
	Calories Burnt
	Average Stride
	Average HR
	Lap Steps
	AT Lap
	Manual Lap
	Sprint
	Recovery
Dist.	Total distance from the start of measurements

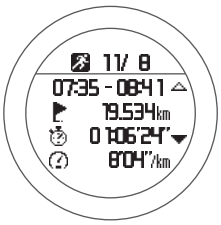
Measurement icons	
Split	Split Time
LaP	Lap time
LaPPace	Lap pace

Deleting past workouts

You can delete past workout logs from the stored history.

1 Press **D** on the Time screen to display the Recall screen.

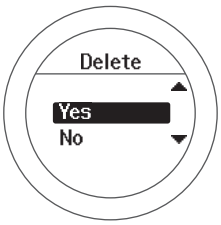
2 Press **C** or **D** to highlight the workout history that you want to delete, then press **A**.



3 Press **A.**

4 Press **C** or **D** to highlight **Delete**, then press **A**.

5 Press **C** or **D** to highlight **Yes**, then press **A**.



Important:
If your product's memory is full, saved data is automatically removed starting with the oldest stored workouts.

See "System Set. options" on page 76.

To clear all of the product's stored history, you need to initialize the product. All stored information for User Settings, Sys. Settings, and Measure set. will also be deleted.

See "System Set. options" on page 76.

Using RUNSENSE View

You can manage your workout data using a dedicated web application, RUNSENSE View.

RUNSENSE View allows you to quickly manage and analyze your workout history.

Note:

- ❏ *You need to create an account before you can upload workouts to RUNSENSE View.*

  See "Creating a RUNSENSE View account" on page 53.

- ❏ *You can also manage the measurement data using the Run Connect mobile app. See the Runsense iOS or Android™ manuals for details.*

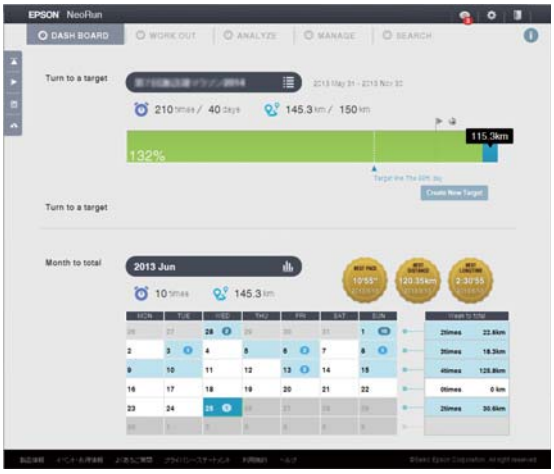
"What is RUNSENSE View?" on page 52
"Installing Epson Run Connect software" on page 53
"Creating a RUNSENSE View account" on page 53
"Checking uploaded workout data" on page 57

What is RUNSENSE View?

RUNSENSE View is a web app that stores your SF-810 data and allows you to monitor, analyze, compare and share your running route, distance, speed, heart rate, calories burned, and other measurements.

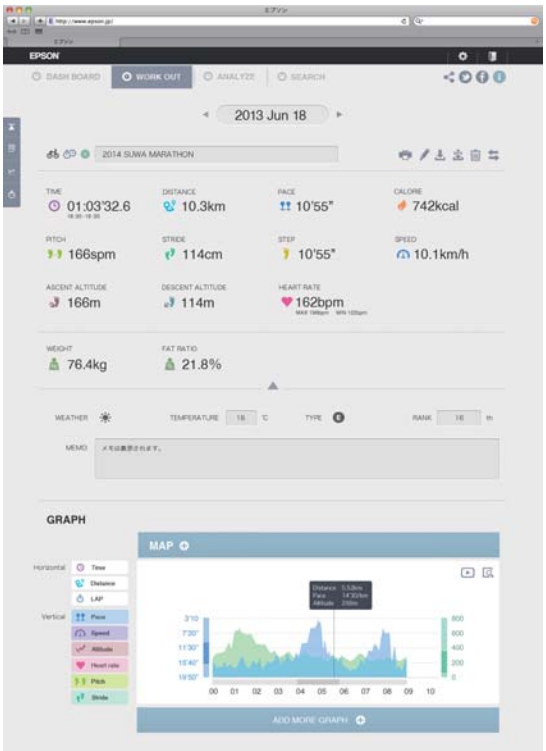
RUNSENSE View can export all of this information in a GPX format, making it easy for you to use the measurement data with other workout-tracking applications.

Dashboard



Manage records in a calendar format to easily select and review past runs.

Workout



Displays your data as a graph for easy analysis.

Installing Epson Run Connect software

If you are using your product with a Windows PC, you need Run Connect to upload measurement data to RUNSENSE View.

Follow the steps below to install Run Connect.

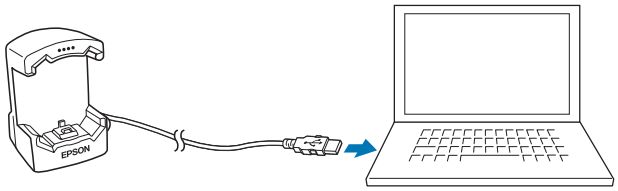
1 Visit **epson.com/support/sf810** (U.S.) or **epson.ca/support/sf810** (Canada) and download Run Connect.

2 Run the downloaded file and follow the on-screen instructions.

Creating a RUNSENSE View account

You need to create a RUNSENSE View account before you start uploading your workout data.

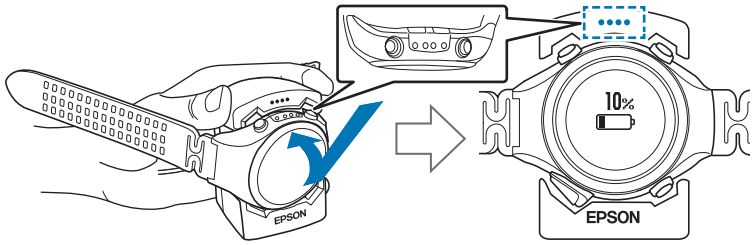
1 Connect the cradle to your computer using the USB cable.



2 Place the product into the cradle.

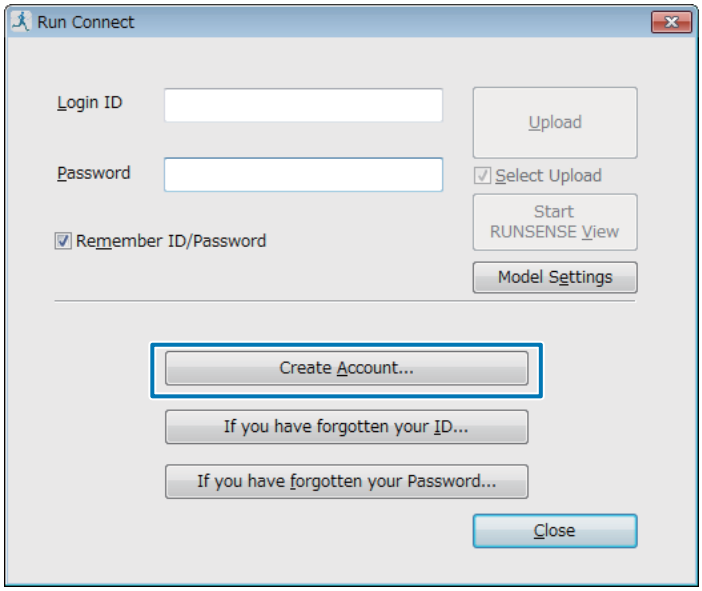
Check that the contact points on the product are pointing up and match the contact marks on the cradle.

After placing the product into the bottom of the cradle with the LCD screen facing out, push carefully on the top of the product until it clicks into place.



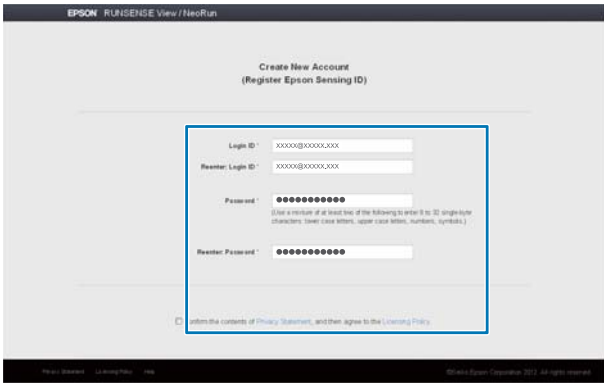
Important:
Make sure you place the product in the cradle correctly or you may damage your product.

3 Click **Create Account** in the Run Connect screen that appears.



> ***Note:***
> *If Run Connect does not start, disconnect the cable from the cradle, wait a few seconds, then reconnect. Do not remove the product from the cradle.*

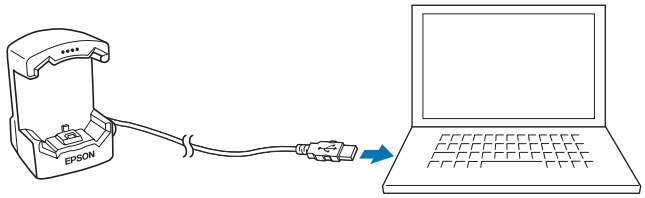
4 Enter a **Login ID** (email address), and **Password**, then click **Create Account**.



See “Uploading data to RUNSENSE View” on page 55.

Uploading data to RUNSENSE View

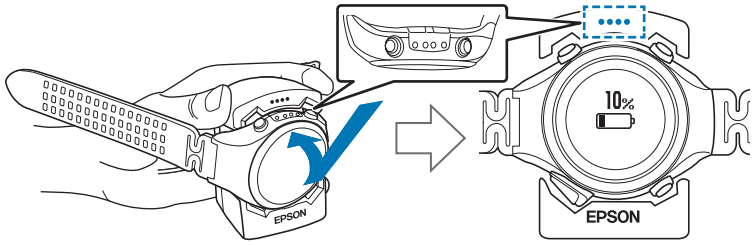
1 Connect the cradle to your computer with the USB cable.



2 Place the product into the cradle.

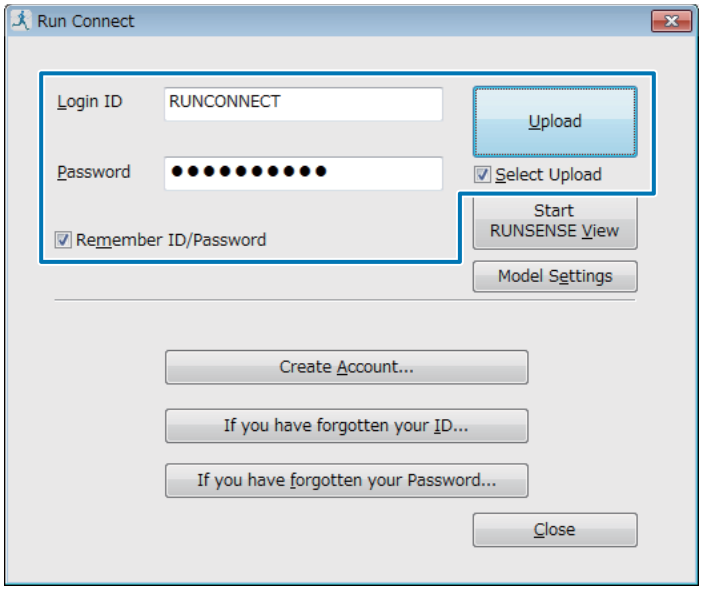
Check that the contact points on the product are pointing up and match the contact marks on the cradle.

After placing the product into the bottom of the cradle with the LCD screen facing out, push carefully on the top of the product until it clicks into place.

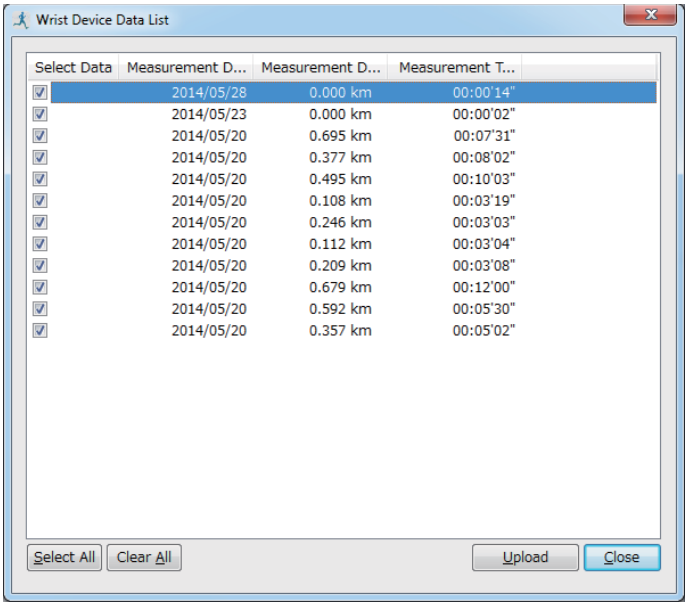


> ***Important:***
> *Make sure you place the product in the cradle correctly or you may damage your product.*

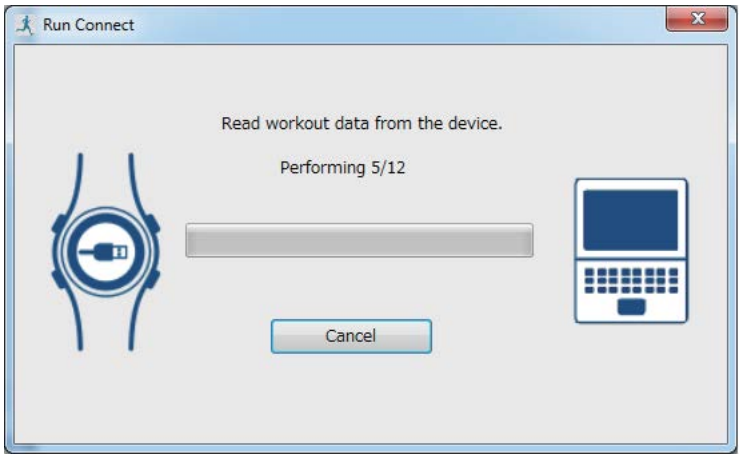
3 Enter your **Login ID** and **Password** on the Run Connect screen that appears, then click **Upload**.



Note:
*If the **Select Upload** box is checked, the data list selection screen is displayed when you click **Upload**, and you can select the data you want to upload.*



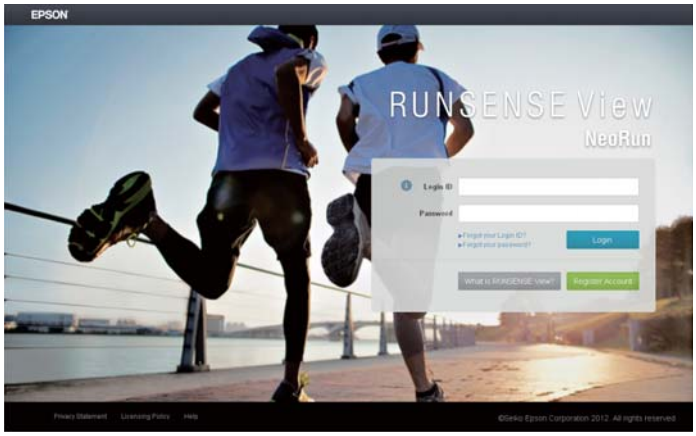
Your workout data is uploaded to RUNSENSE View.



When the upload is complete, the RUNSENSE View Home screen appears.

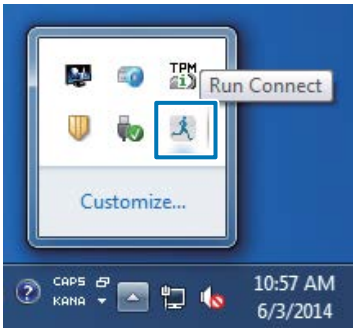
Checking uploaded workout data

Check your uploaded workout data on the RUNSENSE View web app.

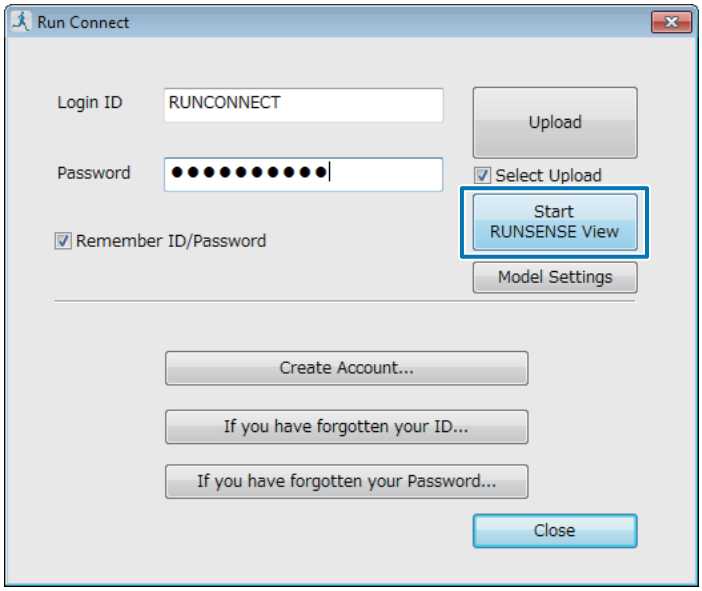


1 Do one of the following to start RUNSENSE View:

- ❏ Visit https://go-wellness.epson.com/runsense-view/.
- ❏ Right-click the Run Connect icon from the Windows taskbar, then select **Start RUNSENSE View**.



❏ Click **Start RUNSENSE View** on the Run Connect screen.
The Run Connect screen is displayed when you place the product in the cradle connected to the computer.

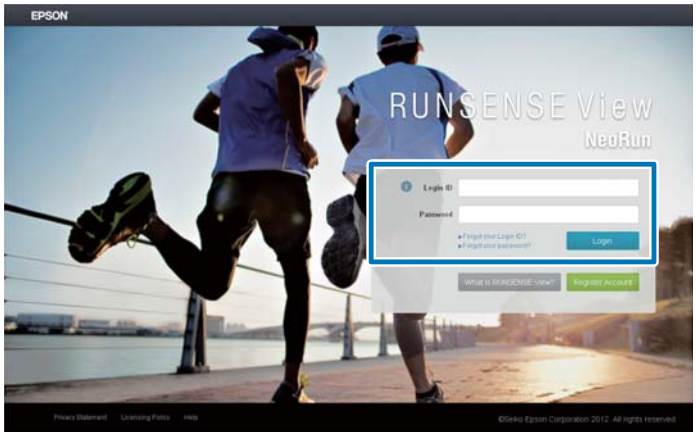


RUNSENSE View starts and the Home screen is displayed. Go to step 3.

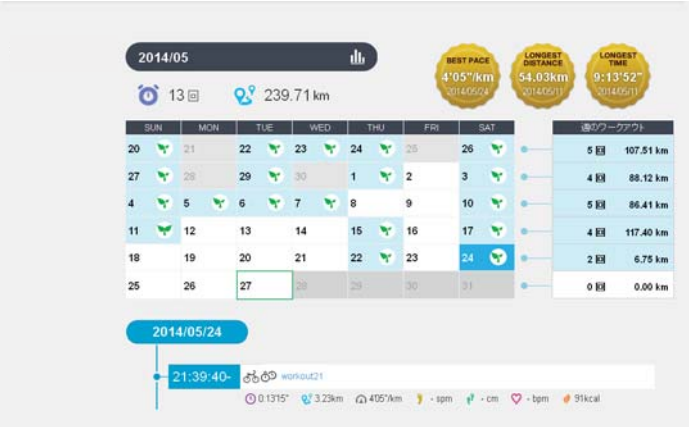
Note:
*The **Start RUNSENSE View** button is not available in the following circumstances.*

- ❏ *When the login ID and password have not been saved or entered.*
- ❏ *When the product has been removed from the cradle.*
- ❏ *When the cradle's USB cable is disconnected from the computer.*

2 Enter the **Login ID** and **Password**, then click **Login**.



3 Click the data you want to check from the uploaded data.



> ***Note:***
> *For information on using RUNSENSE View, see the RUNSENSE View Help links on the bottom of the web page.*

Using your SF-810 with a computer

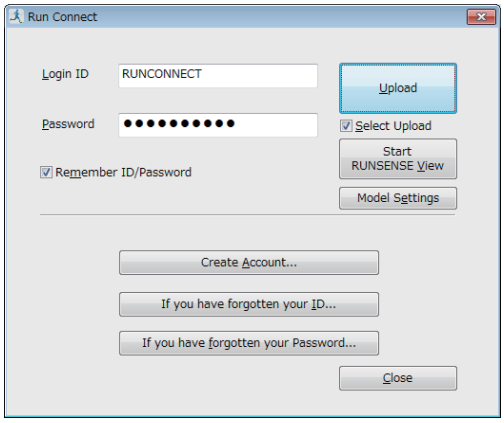
"Epson Run Connect" on page 61
"Viewing the Model Settings screen" on page 62
"Adjusting the AT Lap settings" on page 64
"Setting the Target Pace Function" on page 65
"Setting the Interval function" on page 67

Epson Run Connect

The Run Connect application allows you to upload workout data to the RUNSENSE View web portal. You can also use Run Connect to adjust various settings on your RUNSENSE product directly from your computer.

> ***Note:***
> *See the following pages for information on how to install Run Connect.*
>
> *See "Installing Epson Run Connect software" on page 53.*

Login screen

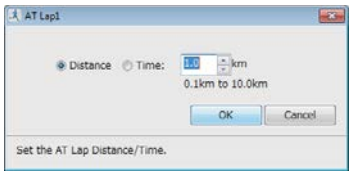


You can set up a RUNSENSE View account, upload measurement data, and start RUNSENSE View from this screen.

See "Using RUNSENSE View" on page 51.

You can also access the Model Settings screen and adjust AT Lap, Target Pace, and Interval settings.

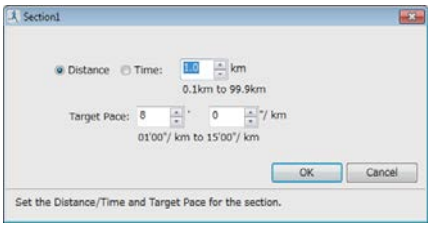
Model Settings - AT Lap settings screen



Adjust the AT Lap function to automatically record laps whenever a set time or distance is reached.

"Adjusting the AT Lap settings" on page 64

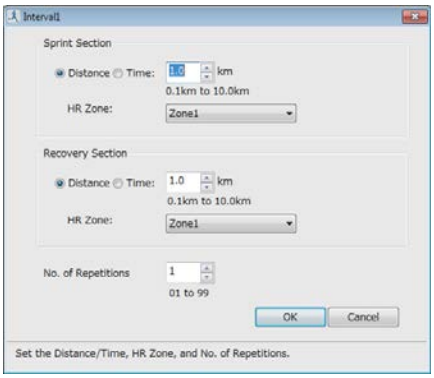
Model Settings - Target Pace settings screen



You can use the Target Pace function to sound an alarm if you fall behind your preset pace.

"Setting the Target Pace Function" on page 65

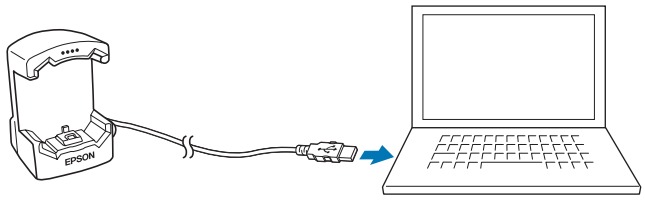
Model Settings - Interval settings screen



When making the Interval setting, you can also customize your sprint and recovery intervals.

Viewing the Model Settings screen

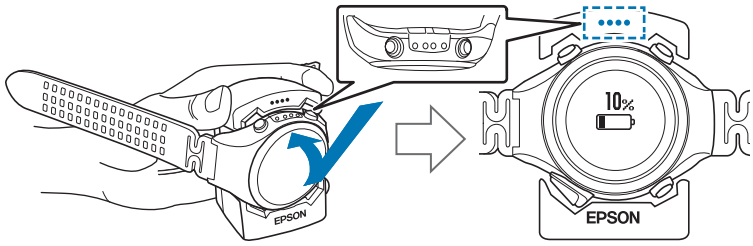
1 Connect the cradle to your computer with the USB cable.



2 Place the product into the cradle.

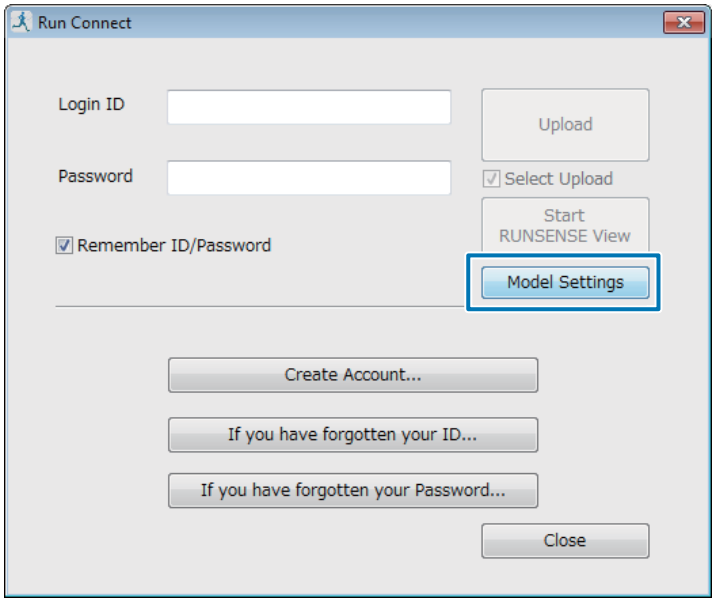
Check that the contact points on the product are pointing up and match the contact marks on the cradle.

After placing the product into the bottom of the cradle with the LCD screen facing out, push carefully on the top of the product until it clicks into place.

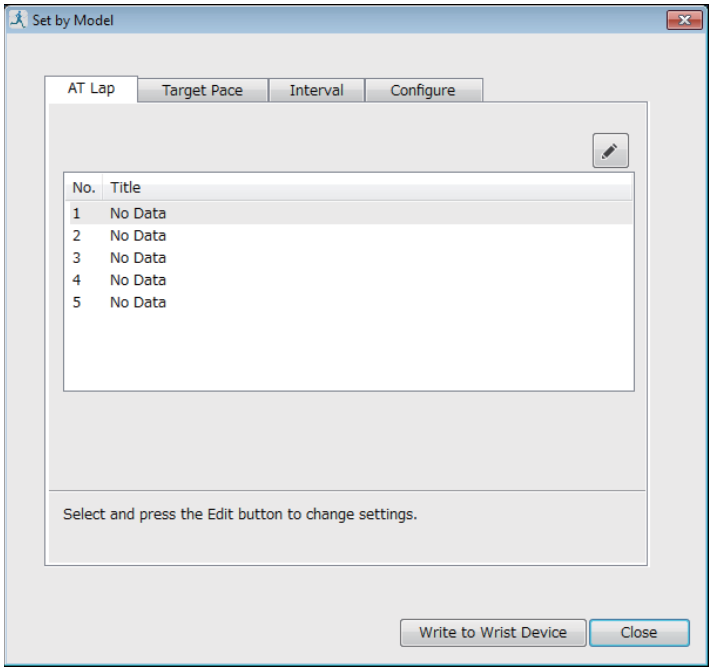


Important:
Make sure you place the product in the cradle correctly or you may damage your product.

3 Click **Model Settings** on the Run Connect screen that appears.



The settings on the product are saved to Run Connect, and the Model Settings screen is displayed.



Adjusting the AT Lap settings

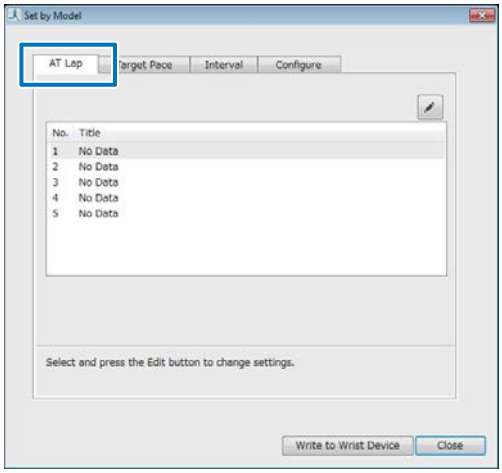
Use the AT Lap function to automatically record laps whenever a set time or distance is reached.

Adjusting the AT lap settings

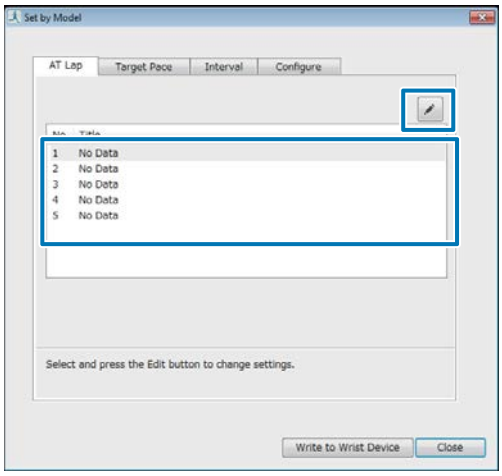
1 Open the Model Settings screen in Run Connect.

See “Viewing the Model Settings screen” on page 62.

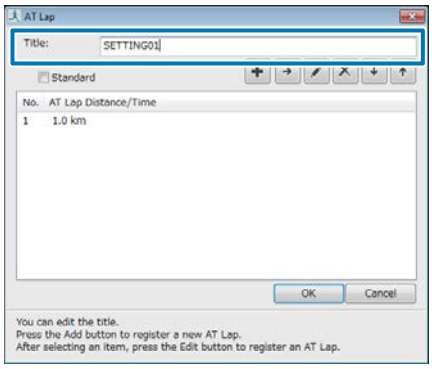
2 Select the **AT Lap** tab.



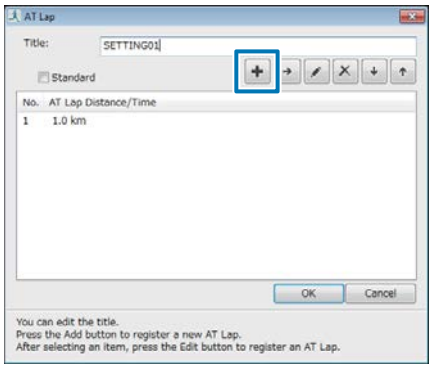
3 If you’re creating a new preset, select one of the **No Data** entries, then click the button.
If you have already created a preset, select the preset you want to edit, then click the button.



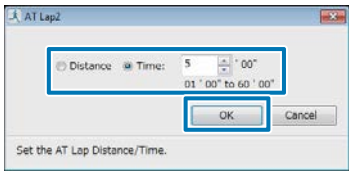
4 Enter a new title or edit the title for your preset.



5 Click the button to create the preset.



6 Set the distance or time to divide the lap, then click **OK**.



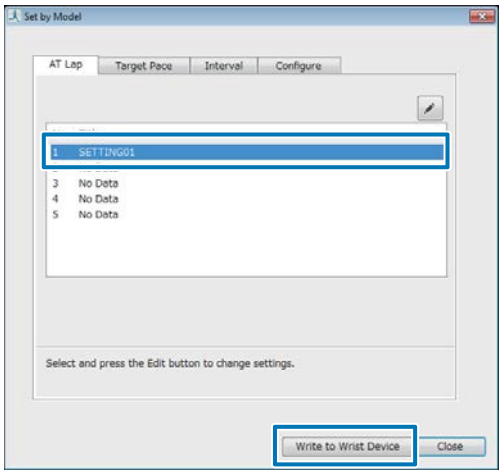
7 Use any of the on-screen settings to edit the presets.

Button	Description
Add	Creates a new preset.
Insert	Inserts a new preset at the current point.
Edit	Edits the selected preset.
Delete	Delete the selected preset.
Move Down	Moves the selected preset down.
Move Up	Moves the selected preset up.

8 When you have finished adjusting the AT Lap settings, click **OK**.

> ***Note:***
> *When the **Standard** box is checked, your preset will be repeated every lap. Uncheck the **Standard** box to enter custom settings for multiple laps.*

9 Select the settings you want to update on the product, then click **Write to Wrist Device**.



10 Click **Yes**.

11 Click **Close**.

See the following sections for additional information on the AT Lap settings and measuring workouts.

See “Recording laps automatically” on page 44.

See “Measuring” on page 31.

Setting the Target Pace Function

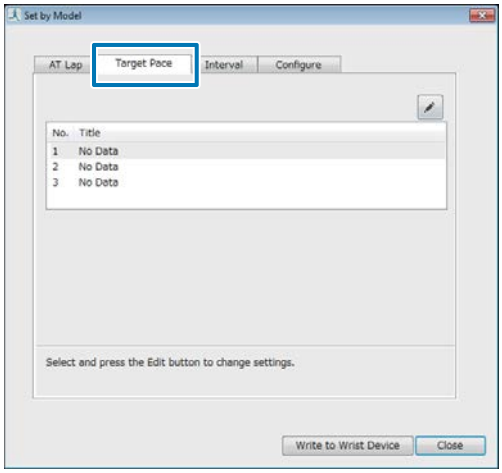
You can use the Target Pace function to sound an alarm if you fall behind your preset pace.

Setting the target pace

1 Display the Model Settings for Run Connect.

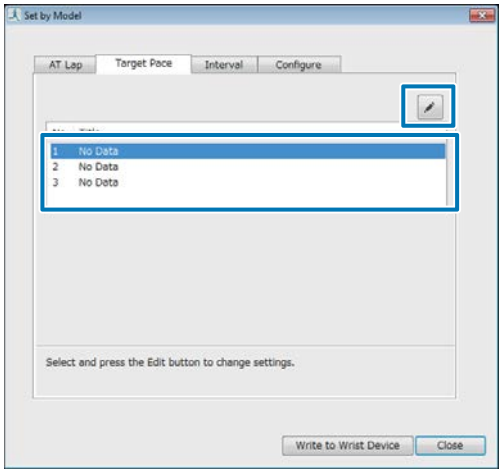
See “Viewing the Model Settings screen” on page 62.

2 Select the **Target Pace** tab.

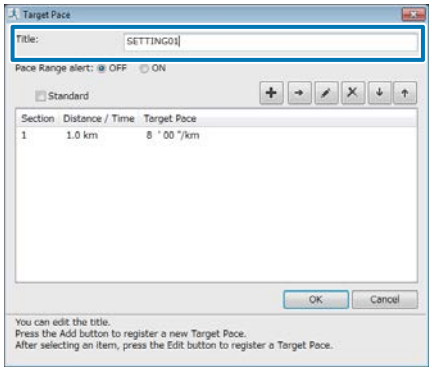


3 If you're creating a new preset, select one of the **No Data** entries, then click the button.

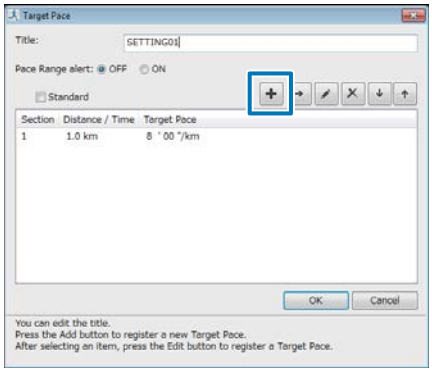
If you have already created a preset, select the preset you want to edit, then click the button.



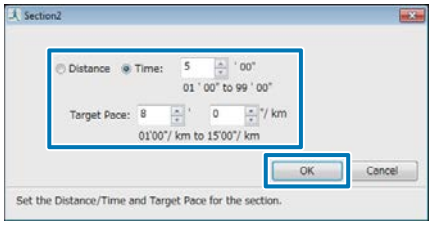
4 Enter a new title or edit the title for your preset.


Target Pace
Title:
SETTING01
Pace Range alert: OFF ON
Standard
Section Distance / Time Target Pace
1 1.0 km 8 ' 00 "/km
OK
Cancel
You can edit the title.
Press the Add button to register a new Target Pace.
After selecting an item, press the Edit button to register a Target Pace.

5 Click the button to create the preset.


Target Pace
Title:
SETTING01
Pace Range alert: OFF ON
Standard
Section Distance / Time Target Pace
1 1.0 km 8 ' 00 "/km
OK
Cancel
You can edit the title.
Press the Add button to register a new Target Pace.
After selecting an item, press the Edit button to register a Target Pace.

6 Enter your target distance or time, then click **OK**.

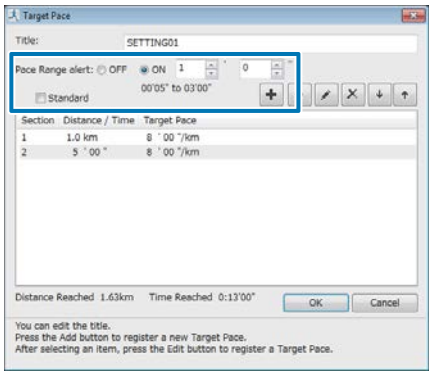

Section2
Distance Time: 5 ' 00"
01 ' 00" to 99 ' 00"
Target Pace: 8 ' 0 "/ km
01'00"/ km to 15'00"/ km
OK
Cancel
Set the Distance/Time and Target Pace for the section.

7 Use any of the on-screen settings to edit the presets.

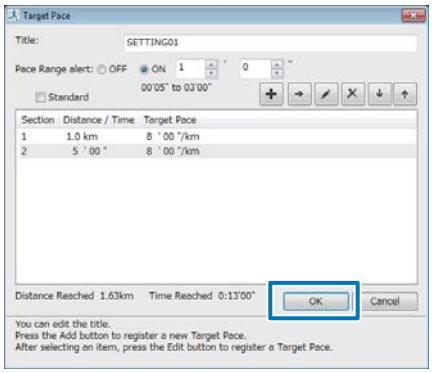
Button		Description
	Add	Creates a new preset.
	Insert	Inserts a new preset at the current point.
	Edit	Edits the selected preset.
	Delete	Delete the selected preset.
	Move Down	Moves the selected preset down.
	Move Up	Moves the selected preset up.

Note:
*When the **Standard** box is checked, you can only create a single pace entry. Uncheck the **Standard** box to enter custom settings for multiple entries.*

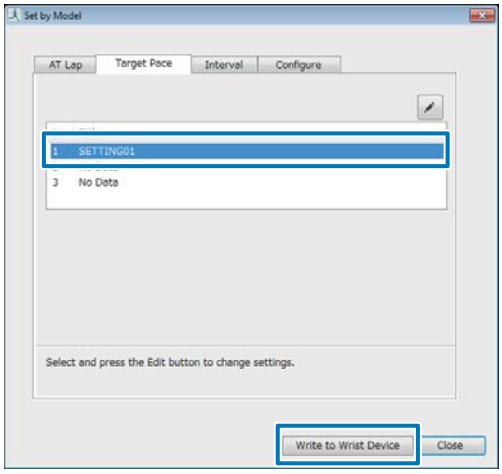
8 Enter how far off of your target pace you must be before the alarm sounds as the **Pace Range**.


Target Pace
Title:
SETTING01
Pace Range alert: OFF ON
00'05" to 03'00"
Standard
Section Distance / Time Target Pace
1 1.0 km 8 '00 "/km
2 5 '00 " 8 '00 "/km
Distance Reached 1.63km Time Reached 0:13'00"
OK
Cancel
You can edit the title.
Press the Add button to register a new Target Pace.
After selecting an item, press the Edit button to register a Target Pace.

9 When you are done, click **OK**.


Target Pace
Title:
SETTING01
Pace Range alert: OFF ON
00'05" to 03'00"
Standard
Section Distance / Time Target Pace
1 1.0 km 8 '00 "/km
2 5 '00 " 8 '00 "/km
Distance Reached 1.63km Time Reached 0:13'00"
OK
Cancel
You can edit the title.
Press the Add button to register a new Target Pace.
After selecting an item, press the Edit button to register a Target Pace.

10 Select the settings you want to update on the product, then click **Write to Wrist Device**.



11 Click **Yes**.

12 Click **Close**.

13 See the following sections for additional information on the Target Pace settings and measuring workouts.

See “Setting a pace” on page 46.

See “Measuring” on page 31.

Setting the Interval function

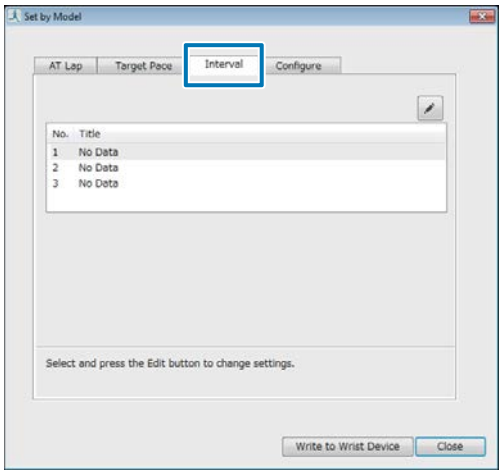
The Interval function allows you to perform alternating sets of hard (sprint) and light (recovery) exercise. You can set the time and distance for each interval of hard and light exercise, as well as the number of times you want to repeat this pattern. An alarm notifies you to change between sprint and recovery intervals.

Setting intervals

1 Display the Model Settings for Run Connect.

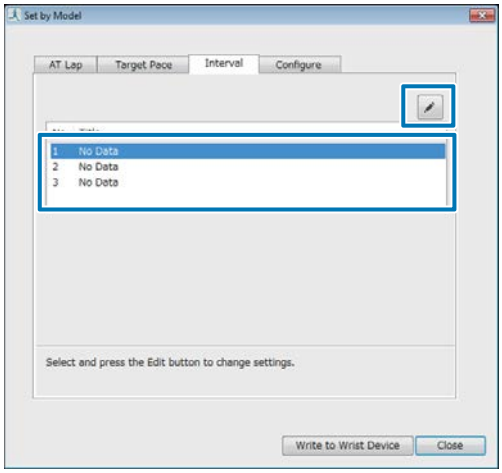
See “Viewing the Model Settings screen” on page 62.

2 Select the **Interval** tab.

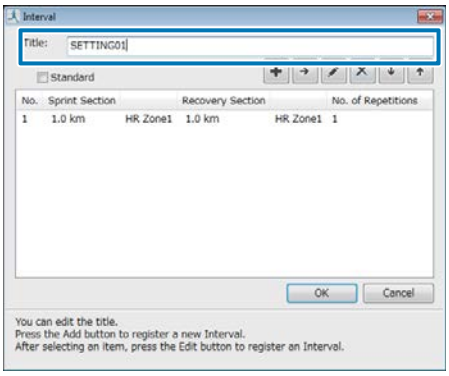


3 If you're creating a new preset, select one of the **No Data** entries, then click the button.

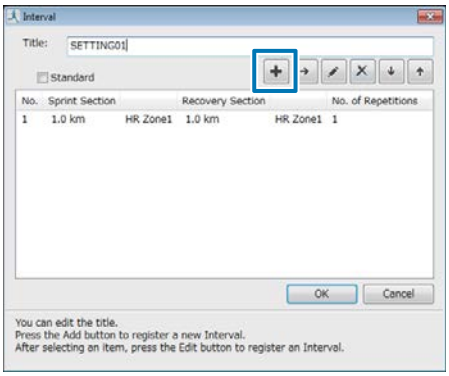
If you have already created a preset, select the preset you want to edit, then click the button.



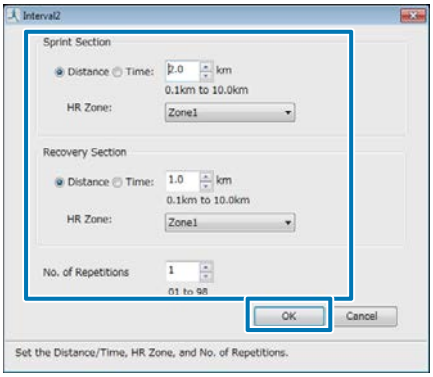
4 Enter a new title or edit the title for your preset.


Interval
Title: SETTING01
Standard
No. Sprint Section Recovery Section No. of Repetitions
1 1.0 km HR Zone1 1.0 km HR Zone1 1
OK
Cancel
You can edit the title.
Press the Add button to register a new Interval.
After selecting an item, press the Edit button to register an Interval.

5 Click the button to create the preset.


Interval
Title: SETTING01
Standard
No. Sprint Section Recovery Section No. of Repetitions
1 1.0 km HR Zone1 1.0 km HR Zone1 1
OK
Cancel
You can edit the title.
Press the Add button to register a new Interval.
After selecting an item, press the Edit button to register an Interval.

6 Set the **Distance**, **Time**, and **HR Zone** for the Sprint Section (hard) and Recovery Section (light),
enter the total **No. of Repetitions**, then click **OK**.



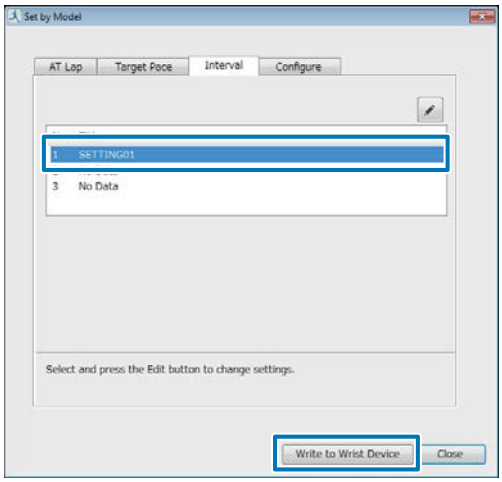
7 Use any of the on-screen settings to edit the presets.

> ***Note:***
> *When the **Standard** box is checked, you can only create a single interval entry. Uncheck the **Standard** box to enter custom settings for multiple entries.*

Button		Description
	Add	Creates a new preset.
	Insert	Inserts a new preset at the current point.
	Edit	Edits the selected preset.
	Delete	Delete the selected preset.
	Move Down	Moves the selected preset down.
	Move Up	Moves the selected preset up.

8 When you are done, click **OK**.

9 Select the settings you want to update on the product, then click **Write to Wrist Device**.



10 Click **Yes**.

11 Click **Close**.

12 See the following sections for additional information on the Interval settings and measuring workouts.

See “Using the interval function” on page 34.

See “Measuring” on page 31.

Settings

Follow the instructions in these sections to change the settings on your SF-810.

“Measurement settings” on page 71
“General settings” on page 73
“Screen settings” on page 77

Measurement settings

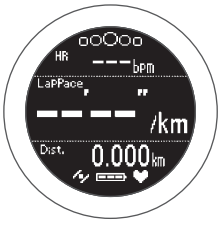
Changing measurement settings

1 Do one of the following to display the Measurement screen:

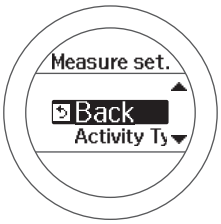
- ❏ If want to use GPS positioning, press **C** on the Time screen and wait for the GPS to determine your location.
- ❏ If GPS positioning is not working or is taking too long, press **C** on the Time screen. Press **C** or **D** to highlight **Skip** on the GPS positioning screen, then press **A** to temporarily skip positioning. The product will continue to search for a GPS signal while measuring your activity.

  See “Skipping GPS positioning” on page 20.
- ❏ If you want to measure in Indoor mode, press **C** on the Time screen. Press **C** or **D** to highlight **Indoor** on the GPS positioning screen, then press **A**.

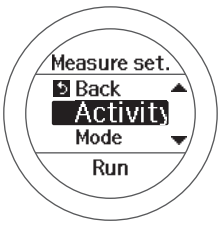
  See “Indoor mode” on page 20.



2 Hold down **B** on the Measurement screen to display the **Measure set.** menu.



3 Press **C** or **D** to highlight an option, then press **A**.



Follow the on-screen instructions to select any additional options.

> ***Note:***
> *When adjusting a numerical setting, hold down **C** **or D** to quickly scroll through the options.*

4 Hold down **A** to exit the Measure set. menu.

The Measurement screen is displayed.

Measure set. options

Setting	Options	Description
Activity Type	Run*	Use this setting when running or jogging.
	Walk	Use this setting when walking or exercising at a reduced pace.
	Bike	Use this setting when performing any exercise that does not require you to swing your arms, such as riding a bike.
Mode	Chronograph*	Chronograph mode allows you to measure split times and lap times simultaneously. See “Measuring time, distance, and speed” on page 31. Interval mode allows you to switch between periods of heavy (sprint) or light (recovery) exercise over set times or distances. See “Using the interval function” on page 34. Goal mode automatically measures your activity until a set time or distance is reached. See “Using the goal function” on page 40.
	Interval	
	Goal	
AT Lap	SETTING 01 to 05	Records laps automatically when a set time or distance is reached. Set the lap time or distance. You can set five times or distances within the following range: ❏ Time: 01'00" to 60'00" (in increments of 1 minute) ❏ Distance: 0.1 to 10.0 mi (0.1 to 10.0 km) in increments of 0.1 mi (0.1 km) See “Recording laps automatically” on page 44.
	OFF*	
AT Pause	ON	Automatically stops measuring when you stop running, and resumes when you continue running. See “Starting/stopping measurement automatically” on page 45.
	OFF*	
Target Pace	SETTING 01 to 03	Set the target time and pace range for one mile or kilometer. An alarm sounds if you are outside the set pace range. You can set three target paces within the following range. ❏ Target Pace: 1'00" to 15'00"/mi or km (in increments of 1 second) ❏ Pace Range: 00'05" to 03'00"/mi or km (in increments of 1 second) See “Setting a pace” on page 46.
	OFF*	
Waypoint[1]	ON	By specifying the registered waypoint, you can display the direction to the point, the distance, and the difference in elevation. As you approach the specified point, an alarm sounds.
	OFF*	
HR[2]	ON*	You can measure pulse (heart rate) with the built-in sensor. See “Measuring your pulse (heart rate)” on page 29.
	OFF	
Alarm	Tones	Set the alarm type and time (1 to 10 minutes). You can also set this from Sys. Settings.
	Vib. (vibration)	
	Tones & Vib. (vibration)*	
	OFF	

Setting	Options	Description
Tap (Measurement screen only)	Lap	You can perform an operation by tapping the screen while measuring. When **Bike** is selected as the Activity Type, the tap function may trigger randomly depending on the road conditions. If this occurs, change the setting to **OFF**.* See "Tap" on page 27.
	Light	
	Screen Chg.	
	OFF*	
GPS	-	Displays the number of GPS satellites communicating with the product.
Screen	Screen1	You can display up to four Measurement screens. You can change the screen pattern and the measurement items displayed for each screen. You can also change the Display Lap Screen, but this is not displayed for the interval function. See "Customizing the measurement screen" on page 77.
	Screen2	
	Screen3	
	Screen4	
	Display Lap Screen	

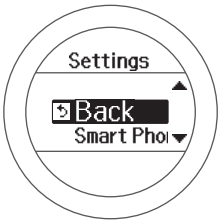
*indicates the default setting.

General settings

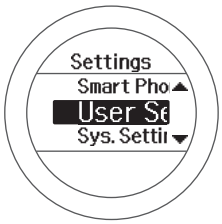
Follow these steps to access and adjust the settings for the product.

Changing settings

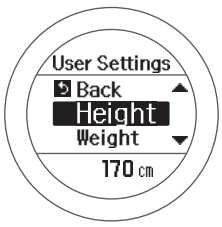
1 Hold down **B** on the Time screen to display the **Settings** menu.



2 Press **C** or **D** to highlight any of the settings lists, then press **A**.



3 Press **C** or **D** to highlight a setting, then press **A**.



4 Press **C** or **D** to adjust the setting, then press **A**.

Depending on the option, you may need to select additional settings. Follow the on-screen instructions.

Hold down **C** or **D** to quickly speed through the available settings.

5 When you are done adjusting settings, hold down **A** to return to the Time screen.

Settings options

Smart Phone

Select these options to connect or disconnect from your mobile device via Bluetooth Smart.

Setting	Options	Description
Connect	—	Connect your SF-810 to a mobile device. See the iOS and Android manuals for more details.
Forget Device	—	

User Settings

Select these options to adjust your personal settings.

The Height, Weight, DOB, and Gender settings are used to calculate how many calories you burn during exercise.

Setting items	Options	Description
Height	Various options	Select your height.
Weight	Various options	Select your weight.
DOB	Various options	Select your date of birth.
Gender	Male*	Select your gender.
	Female	

Setting items	Options	Description
HR Zone	Zone1 Various options 30 to 100 bpm*	Set the maximum and minimum heart rate for each zone. You can set five zones to suit the exercise intensity. For Auto HR Zone, the heart rate is automatically set based on the date of birth you have selected.
	Zone2 Various options 101 to 130 bpm*	
	Zone3 Various options 131 to 160 bpm*	
	Zone4 Various options 161 to 190 bpm*	
	Zone5 Various options 191 to 240 bpm*	
	Auto HR Zone	
HR Settings	Setting1*	Most users should use **Setting1**. Select **Setting2** if you have a very low heart rate (70 bpm or less walking, 120 bpm or less running). If you do have a low heart rate, you may get an unusually high heart rate readings while running. **Setting2** corrects that issue.
	Setting2	

*indicates the default setting.

System Set. options

Select general settings for your Runsense product.

Setting items	Value	Explanation
Language	English*	Changes the display language.
	日本語	
	Deutsch	
	Français	
	繁體中文	
Units	km*	Adjusts the units for distance.
	mile	
Clock	12 Hour*	Selects the format for the time.
	24 Hour	
DST	ON	Adjusts Daylight Saving Time.
	OFF*	
Time Adjust	—	Your product automatically sets the time after it has received a GPS signal. Signals from the GPS cannot be received while indoors. Make sure the screen is facing up and you are outside with no obstructions overhead. If GPS positioning has not completed after two minutes, select **Cancel**, move to a different location, and try again.
Time Zone	Auto*	Adjusts the time zone for your location. When **Auto** is selected, you can use Time Adjust to set the time zone automatically. When **Manual** is selected, you can set the time zone within a range of -12:00 to +14:00.
	Manual	
Date Format	Day. Month	Selects the format for the date.
	Month. Day*	
Invert Disp.	ON	Selects whether or not to invert the LCD screen colors. When **ON** is selected, white text is displayed over a black background. When **OFF** is selected, black text is displayed over a white background.
	OFF*	
Contrast	Various options	Adjusts the LCD screen contrast.
Auto Sleep	ON*	When you do not use the product for a while, this function automatically puts the product into sleep status. Sleep status reduces the amount of power consumption.
	OFF	
AT Light	ON	When the screen changes, this function automatically turns on the light. When a specified time has passed, the light automatically turns off.
	OFF*	

Setting items	Value	Explanation
Alarm	Tones	Adjusts the alarm type and time (1 to 10 minutes). You can also set this from the Measure set. menu.
	Vib. (vibration)	
	Tones & Vib. (vibration)*	
	OFF	
Key Tones	ON*	Turns button sounds on or off.
	OFF	
Initialize	—	Resets all setting information (Comm. Settings, User Settings, Sys. Settings and Measure set.) and pulse/stride sensor information in the product's memory. Measurement history data is also deleted.
Software Version	—	Displays the firmware version.

*indicates the default setting.

Screen settings

There are four different measurement screens available. Each screen shows different information about your current activity.

> ***Note:***
> *For details on switching between screens, see "Screen display" on page 32.*

Customizing the measurement screen

You can customize the Measurement screen to display various information about your current activity.

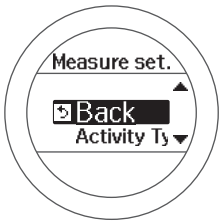
1 Do one of the following to display the Measurement screen:

- ❏ If want to use GPS positioning, press **C** on the Time screen and wait for the GPS to determine your location.
- ❏ If GPS positioning is not working or is taking too long, press **C** on the Time screen. Press **C** or **D** to highlight **Skip** on the GPS positioning screen, then press **A** to temporarily skip positioning. The product will continue to search for a GPS signal while measuring your activity.

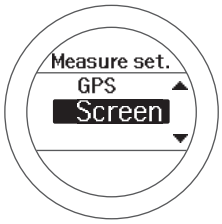
  See "Skipping GPS positioning" on page 20.
- ❏ If you want to measure in Indoor mode, press **C** on the Time screen. Press **C** or **D** to highlight **Indoor** on the GPS positioning screen, then press **A**.

  See "Indoor mode" on page 20.

2 Hold down **B** on the Measurement screen to display the **Measure set.** menu.

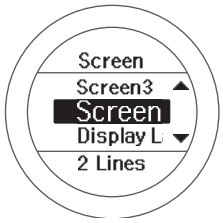


3 Press **C** or **D** to highlight **Screen**, then press **A**.



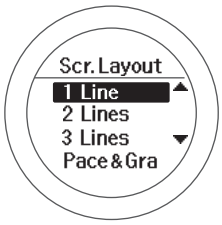
4 Highlight the screen preset that you want to customize, then press **A**.

The product can store up to four Measurement screen presets (**Screen1**, **Screen2**, **Screen3**, and **Screen4**).

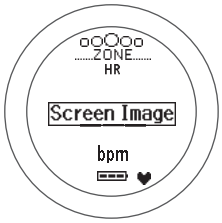


5 Press **C** or **D** to highlight the screen layout that you want to use, then press **A**.

See “Screen Layout options” on page 79.



A sample Measurement screen is displayed.

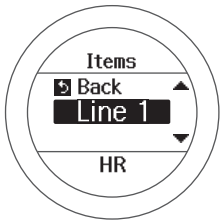


6 Press **A**.

7 Do one of the following:

- ❏ If you selected the **1 Line**, **2 Lines**, or **3 Lines** screen layouts, continue to step 8.
- ❏ If you selected the **Pace&Graph**, **HR&Graph**, **Lap**, or **Target Pace** screen layouts, adjust any settings that appear on the screen, then hold down **A** to return to the Measurement screen.

8 Press **C** or **D** to highlight the portion of the Measurement screen that you want to customize, then press **A**.



9 Press **C** or **D** to select the Measurement that you want to display, then press **A**.

A sample Measurement screen is displayed.

10 If applicable, repeat steps 6 through 9 to customize additional lines of the Measurement screen.

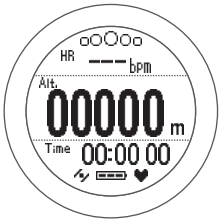
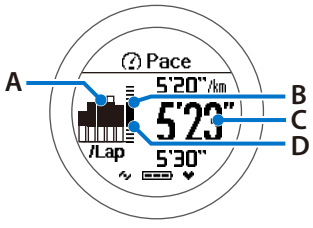
> ***Note:***
> *When **3 Lines** is set, **Latitude/Longitude** can only be selected for Line 2.*

11 When you're done making adjustments, hold down **A** to confirm your changes. The Measurement screen is displayed.

> ***Note:***
> *Hold down **A** on the Measurement screen to display the Time screen.*

Screen Layout options

Measurement screen

Screen Pattern	Screen	Description
1 Line		Displays one measurement item on the screen.
2 Lines		Displays two measurement items on the screen.
3 Lines		Displays three measurement items on the screen. Latitude/Longitude can only be displayed on Line 2.
Pace & Graph		This shows whether or not you are on your target pace. When you are outside the pace range, only the current pace is displayed. A: A bar graph displaying the average pace for each lap with the latest at the far right. The bar graph is displayed in black when the pace is within the minimum and maximum range, and in white when it is outside the range. B: Maximum set pace (example: 5 mins. 20 secs/mi). C: Current pace (example: 5 mins. 23 sec./mi). D: Minimum set pace (example: 5 mins. 30 secs/mi).

Screen Pattern	Screen	Description
HR & Graph		This shows whether or not you are within the limits of the set heart rate zone. When the HR Zone option is set to **OFF**, only the current heart rate is displayed. A: A bar graph displaying average heart rate for the intervals you have set (example: Displays the average heart rate for every 10 seconds with the latest at the far right). The bar graph is displayed in black when the pace is within the minimum and maximum range, and in white when it is outside the range. B: Maximum set heart rate (example: 170 bpm). C: Current heart rate (example: 163 bpm). B: Minimum set heart rate (example: 155 bpm).
Lap		Displays information on the current lap.
Target Pace		Displays your current pace at the top and your target pace at the bottom.
OFF	—	The Measurement screen is not displayed.

Display Lap Screen

Screen Pattern	Screen	Description
1 Line		Displays one measurement item on the screen.
2 Lines		Displays two measurement items on the screen.

Measurement display abbreviations

Measurement screen

Measurement	Display name		Description
	1 line	2 lines/3 lines	
Distance	Distance	Dist.	Total distance from the start of measurements
Lap Distance	LapDistance	LapDist.	Distance for each lap
Pace	Pace	Pace	Current pace (time taken for one mile or kilometer)
Average Pace	Avg.Pace	Av.Pace	Average pace from the start of measurements
Lap Pace	LapPace	LapPace	Average pace for each lap
Speed	Speed	Speed	Current speed
Average Speed	Avg.Speed	Av.Spd	Average speed from the start of measurements
Lap Speed	LapSpeed	LapSpd	Average speed for each lap
Split Time	SplitTime	Split	Total time from the start of measurements
Lap Time	LapTime	Lap	Time for each lap
Time	Time	Time	Current time
Calories Burnt	Calories	Calories	Current calories burnt through exercise
Altitude[1]	Altitude	Alt.	Current altitude
Guide Time[2]	GuideTime	Guide	Current time versus your target pace (reaching target or falling behind)
Guide Distance[2]	GuideDist.	GuideDist.	Current distance versus your target pace (reaching target or falling behind)
Stride	Stride	Stride	Current stride
Average Stride	Avg.Stride	Av.Stride	Average stride from the start of measurements
Lap Stride	LapStride	LapStride	Average stride for each lap
Pitch	Pitch	Pitch	Current pitch (number of strides in one minute)
Average Pitch	Avg.Pitch	Av.Pitch	Average pitch from the start of measurements
Lap Pitch	LapPitch	LapPitch	Average pitch for each lap
HR	HR	HR	Current heart rate
Average HR	Avg.HR	Av.HR	Average heart rate from the start of measurements
Maximum HR	Max.HR	Max.HR	Maximum heart rate from the start of measurements

Measurement	Display name		Description
	1 line	2 lines/3 lines	
Lap HR	LapHR	LapHR	Average heart rate for each lap
Steps	Steps	Steps	Number of steps from the start of measurements
Lap Steps	LapSteps	LapStp	Number of steps for each lap
HR Zone Time	Spent.HR	Spent.HR	Time within heart rate zone for each lap set by the Interval function
Time to HR Zone	Time.HR	Time.HR	Time to reach the heart rate zone for each lap set by the Interval function
Total Ascent[1 5]	TotalAscent	Tot.Asc.	Total ascent from the start of measurements
Total Descent[1 5]	TotalDesent	Tot.Des.	Total descent from the start of measurements
Grade[1 5]	Grade	Grade	Current grade
Latitude/Longitude[3]	LAT/LONG	LAT/LONG	Current latitude/longitude
Estimated Time[4]	Est.Time	Est.	Estimated time of arrival at the target distance set in the goal function
Estimated Distance4	Est.Dist.	Est.Dist.	Estimated distance reached at the target time set in the goal function

1 Altitude, Total Ascent, Total Descent, and Grade are calculated using the GPS signal. These functions may be less accurate than the position and distance tracking depending on the GPS environment.

2 Set the **Target Pace** in the Measure set. menu.

See “Setting a pace” on page 46.

3 When **3 Lines** is selected as the Screen Display setting, Latitude/Longitude are only available on Line 2.

4 Use these settings when the Mode option located in the Measure set. menu is set to **Goal**.

See “Measure set. options” on page 72.

Display Lap Screen

Display item	Display name		Explanation
	1 line	2 lines/3 lines	
Split Time	SplitTime	Split	Total time from the start of measurements
Lap Distance	LapDistance	LapDist.	Distance for each lap
Lap Time	LapTime	Lap	Time for each lap
Lap Pace	LapPace	LapPace	Average pace for each lap
Lap HR	LapHR	LapHR	Average heart rate for each lap

Maintenance

Follow the instructions in this section to care for your product, replace its battery, and update its firmware.

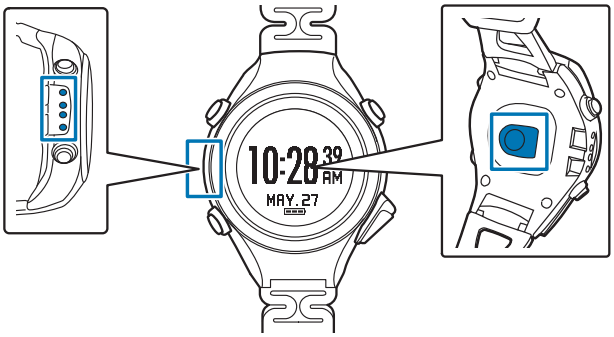
“Caring for your product” on page 84
“About your SF-810 battery” on page 84
“Updating the firmware” on page 84

Caring for your product

Important:

- *If the product is placed in the cradle when it is covered in water, sweat, or dirt, the contact points may corrode, malfunction, or cause a communication failure.*
- *Do not perform button operations when it is wet; otherwise, a malfunction could occur.*

After using the product, wash the contact points and sensor lightly with a damp cloth and allow it to air dry.



If your product has issues communicating with a computer or charging, clean the contact points on the product and the cradle with a damp cotton bud and allow them to air dry.

Do not clean using organic solvents such as benzine, thinner, alcohol, or detergent. This could damage the product.

About the strap

If the strap is dirty, wash it with water, wipe it with a dry cloth, and allow it to air dry. This strap is made from polyurethane and after years of use the color may fade or it may lose its elasticity.

About your SF-810 battery

About the product's built-in rechargeable battery

You cannot replace the built-in rechargeable battery yourself.

If the battery no longer holds a charge consistently, it may have reached the end of battery life.

The average service life for the battery is five years, although this may change depending on the operating conditions.

Updating the firmware

You may be able to resolve problems that occur by updating your product's firmware.

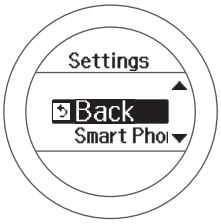
Important:
When updating the firmware, the history may be deleted and settings may be reset to their defaults.

Before updating the firmware, we recommend uploading your measurement data to RUNSENSE View.

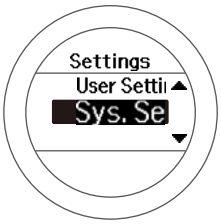
See "Creating a RUNSENSE View account" on page 53.

Checking the firmware version

1 Hold down **B** on the Time screen to display the Settings menu.



2 Use **C** or **D** to highlight Sys. Settings, then press **A**.



3 Use **C** or **D** to highlight **Software Version**, then press **A**.

The product's firmware version is displayed.

4 Hold down **A** to return to the Time screen.

Updating the firmware

Download the firmware for RUNSENSE View from **epson.com/support/sf810** (U.S.) or **epson.ca/support/sf810** (Canada) and update the firmware.

Important:
Do not disconnect the cradle USB cable from your computer while running the firmware update or you may seriously damage your product.

Troubleshooting

This section explains how to solve problems that may occur during use.

“Caution” on page 87
“Problem solving” on page 87
“Resetting the system” on page 89
“Where to get help” on page 90

Caution

- ❏ If there are issues with charging or data transfer, clean the contact points and sensor on the product and the cradle with a damp cotton bud and allow them to air dry.
- ❏ If product operations become unstable or if functions do not operate correctly, perform a system reset (hold down all four buttons at the same time).

Problem solving

Problem		Solution
Basic functions	Nothing displays on the screen.	The battery needs to be charged before use. Charge the battery. See "Charging" on page 14.
	The product does not react to button presses.	The battery needs to be charged before use. Charge the battery. See "Charging" on page 14. If the product does not operate after charging, reset the system. See "Resetting the system" on page 89.
	The screen turns off or turns blue during use.	Perform a system reset. See "Resetting the system" on page 89.
	The screen turns off.	When you do not use the product for a while, it enters sleep mode and the display turns off. This is not a malfunction as the display is restored when you press a button or move the product. If the display still doesn't work, charge the product. See "Charging" on page 14. To prevent the product display from shutting off, disable the Auto Sleep setting. See "System Set. options" on page 76.
	The time is not set correctly.	Set Time Adjust in the Sys. Settings menu. See "System Set. options" on page 76. If the time is still incorrect, check the Time Zone and DST (daylight-saving time) settings. See "System Set. options" on page 76.

Problem		Solution
Basic functions	Measurement randomly stops while exercising.	If you are performing slower exercises, such as when walking, turn off the AT Pause function. See "Starting/stopping measurement automatically" on page 45.
	The pulse (heart rate) cannot be measured.	❏ Check if you are wearing the product correctly. See "Wearing the product" on page 13. ❏ The accuracy of the heart rate sensor is affected by low body temperature or low ambient temperatures. Wear the product under your sleeve in cold or windy conditions. A warning will trigger if the product temperature gets too low.
Chronograph functions	The product cannot receive a GPS signal.	Go to a location outside with no obstructions overhead. The product cannot receive GPS signals indoors. Also, if there are any obstacles partially blocking the sky, such as tall buildings and mountain sides, distance measurements may not be accurate.
	There are interruptions in the GPS signal.	Even when a signal is being received, it may be interrupted depending on the surrounding conditions. Make sure to wear the product on the outside of your arm.
Charging	The product does not charge when it is placed in the cradle. Charging stops frequently.	Make sure the product is seated correctly in the cradle. Clean the contact points on the product and the cradle. See "Caring for your product" on page 84. A problem may have occurred if you still cannot charge your product after cleaning the contact points and seating the product correctly in the cradle. Stop charging the product immediately and contact Epson.
	The product and the cradle become hot while charging.	There may be a malfunction. Stop using the product immediately, and contact our service centre.
Waterproofing performance	Can I use the product when swimming?	This product is water resistant at 5 barometric pressures and can be used when swimming. Do not press the buttons while in the water. GPS signals cannot be received and the pulse (heart rate) cannot be measured under water.
Accessories	Acquiring optional products.	The AC adapter is available as an option.
Communication	The product is not recognized correctly when it is connected to a computer.	Check the connection for the computer and the cradle. Clean the contact points on the product and the cradle. See "Caring for your product" on page 84. Perform a system reset. See "Resetting the system" on page 89.
Web application	When communicating with a computer, an error screen is displayed and communication stops.	Do not move the product and the cradle during communication. Avoid communicating data under environments where static electricity can be easily generated. If the same error occurs, reconnect the cradle to start the communication again.

If you still cannot solve the problem, contact Epson.

See "Where to get help" on page 90.

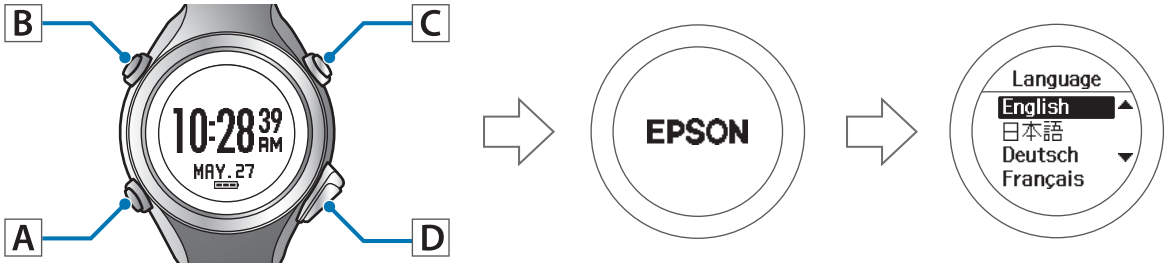
Resetting the system

If your product is not functioning correctly, you can reset it.

Hold down all of the buttons (A/B/C or D) at the same time.

The screen resets and the product restarts. You will need to re-select the initial settings after the restart.

See “Initial Settings” on page 17.



Important:
Measurement data is not recorded if a system reset is performed while measuring.

Note:

- *Setting data and measurement data remain as they were before the reset was performed.*
- *The following shows the differences between a system reset and initialization. The time needs to be set again for both operations.*

  System reset: The User Settings, Sys. Settings, Measure set., history, pulse, stride, and smartphone registration information all remain as they were before the reset was performed.

  Initialize: The User Settings, Sys. Settings, Measure set., history, pulse, stride, and smartphone registration information are all Initialized.

Where to get help

Internet support

Visit **epson.com/support/sf810** (U.S.) or **epson.ca/support/sf810** (Canada) for solutions to common problems. You can get tips, usage information, and FAQs, download utilities, or e-mail Epson.

Telephone support

Call (800) 241-5789, (562) 276-4394 (U.S.), or (905) 709-3839 (Canada).

Support hours are 6 AM to 8 PM, Pacific Time, Monday through Friday, and 7 AM to 4 PM, Pacific Time, Saturday. Days and hours of support are subject to change without notice. Toll or long distance charges may apply.

Appendix

"Understanding product icons" on page 92
"Specifications" on page 92
"Glossary" on page 94

Understanding product icons

Icon	Name
	Run mode (measuring while running)
	Walking mode (measuring while walking)
	Bike mode (measuring while riding a bike)
	The signal is being received from the GPS (GPS On)
	GPS positioning
	Measuring pulse (heart rate)
	Average pace
	Lap
	Distance
	Calories Burnt
	Split Time
	Average Stride
	Average HR
	AT Lap
	Manual Lap
	Sprint
	Recovery
	Data that can be edited on the product
	Current setting
	Setup from the currently selected external device
	Setup from the external device

Specifications

Product specifications

Size (thickness)		0.56 in (14.15 mm)
Weight		0.11 lb (52 g)
Water resistance		5 Atm
Operating time	GPS On/Pulse (Heart rate) On	20 hours
	Time displayed (when Auto Sleep is On)	16 days[1]
Operating temperature		29 to 122°F (-5 to 50°C)

Possible memory time (total distance time)		Approx. 70 hours[2]
Maximum number of laps (one split)		400
Pitch/stride measurement		◯
Indoor mode		◯
Display range	Distance/Lap Distance/Estimated Distance	0.000 to 999.99 mi (0.000 to 999.99 km)
	Pace/Lap pace/Average pace	0'00" to 45'00"/mi (0'00" to 30'00"/km)
	Speed/Lap Speed/Average Speed	0.0 to 999.9 mi/h (0.0 to 999.9 km/h)
	Split/Lap time	00'00" to 99:59'59"
	Pitch/Lap Pitch/Average Pitch	0 to 255 spm
	Stride/Lap Stride/Average Stride	0 to 100 inch (0 to 255 cm)
	Steps/Lap Steps	0 to 999999
	Calories Burnt	0 to 9999 kcal
	Grade	-99 to 99%
	Altitude	-1,640 to 9,999 ft (-500 to 9,999 m)
Display range	Total Ascent	0 to 99999 ft (0 to 99999 m)
	Total Descent	0 to 99999 ft (0 to 99999 m)
	HR/Lap HR/Average HR/Maximum HR	30 to 240 bpm
	Guide time	0:00'00" to ±9:59'59"
	Guide Distance	00.00 to ±99.99 mi (00.00 to ±99.99 km)

1 10 hours/day in sleep mode

2 After 70 hours, data is overwritten in chronological order.

Cradle specifications

Operating temperature range	41 to 95°F (5 to 35°C)

AC adapter specifications (optional)

Model number	SFAC04
Part number	E12E204001
Input	AC 100V-240V 50/60 Hz
Output	DC 5V/1.0A

Glossary

Term	Definition
Water resistant at 5 barometric pressures	The product is water resistant at up to 5 barometric pressures.
GPS function	A system that receives signals in a GPS receiver from satellites orbiting the earth and calculates your current position. This function allows you to accurately understand positional and time information.
RUNSENSE View	RUNSENSE dedicated Web application. This allows you to manage your course, analyze your pace, check calories burnt, and check your condition.
Run Connect	Application for computers for use with the product. This uploads measurement data to the Web application (RUNSENSE View), and you can set AT Lap, Target Pace, and Interval from your computer.
Interval	A training mode that allows you to perform sets of hard (sprint) and light (recovery) exercise over a specified time or distance, and repeat the set.
AT Pause	Automatically stops measuring when you stop exercising, and resumes when you continue.
AT Light	This automatically turns on the light during lap measuring, alarm notification, and during the interval function.
AT Lap	This automatically records laps when you have run for a fixed amount of time or a fixed distance.
Guide time	This calculates if you are reaching or falling behind the target pace time.
bpm	bpm stands for beat per minute. This shows the total pulse (heart rate) per minute.
Guide distance	This calculates if you are reaching or falling behind the target pace distance.
Distance	Distance from the measurement start point to the current time.
Chronograph	This function allows you to measure split times and lap times (section measurement) simultaneously.
Calculating calories burnt	Total calories burnt from the start of the exercise.
HR Zone Time	The time you have remained within the heart rate zone.
Time to HR Zone	The time until you arrive at the heart rate zone.
Stride	The stride calculated from your running data.
Stride sensor	This uses the GPS function to accumulate data on your stride and acceleration allowing the product to estimate the distance travelled even when you enter locations that cannot receive GPS signals, such as in a tunnel.
Pulse Sensor	This detects your pulse (heart rate) accurately simply by wearing the product on your wrist.
Split time	The total time from starting to stopping the measurements.
Pitch	The number of steps taken in one minute while measuring.
Pace	Your current pace acquired from GPS information.
Lap Stride	Your average stride per lap.
Lap Speed	Your average speed per lap.
Lap time	Your time for the lap.

Appendix

Term	Definition
Lap Pitch	Your average pitch per lap.
Lap pace	Your pace for the current lap.
Total Descent	The total value of the height descended from the measurement start point.
Total Ascent	The total value of the height ascended from the measurement start point.

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